

# WOMEN'S COMMUNITY CENTRE (SA) Inc

## Program for Term 1—2015

**Bookings are essential**  
**Most courses need a minimum of 4 participants**



**encouraging  
and enhancing  
women's strengths  
and potential in their  
community**

### **New Fee Structure**

Fees will now be paid in advance  
By paying in advance we have been able to **reduce** the costs of some courses

We are no longer able to offer a "pay as you go" system  
(unless otherwise stated)

We appreciate you supporting us in this time of change  
**Board of Management**

64 Nelson Street, Stepney, S.A. 5069

Phone: **8362 6571** or **8362 0388**

Email: [reception@wccsa.asn.au](mailto:reception@wccsa.asn.au)

Facebook: [www.facebook.com/wccsa](http://www.facebook.com/wccsa)

Website: [www.wccsa.asn.au](http://www.wccsa.asn.au)

**Monday to Friday: 9:30am—3:30pm**

**Saturday: 10:00am—3:30pm**

# Monday

Course	Time	Start	Finish	Course length weeks	Pay in Advance (Incl. GST)	
Printing and Embossing	10-12	02/02/2015	9/3/2015	6	\$70.00	Learn to impress your own patterns then emboss into metal shim. Includes Materials
Computer's for Beginners	10-11	02/02/2015	9/3/2015	6	\$33.00	Your fully trained facilitator will show you the basics. Set up email, save files, set passwords etc
Microsoft word	11-12	02/02/2015	9/3/2015	6	\$33.00	Your fully trained facilitator will show you at your own pace how to utilize Microsoft word to its full potential
Individual computer sessions	1-1.30	Ongoing	Ongoing	Book 6 for \$40	\$8 per half hour	Learn what you would like—IPAD use, set up your phone, set up your laptop
Individual computer sessions	1.30-2	Ongoing	Ongoing	Book 6 for \$40	\$8 per half hour	Learn what you would like—IPAD use, set up your phone, set up your laptop
Individual computer sessions	2-2.30	Ongoing	Ongoing	Book 6 for \$40	\$8 per half hour	Learn what you would like—IPAD use, set up your phone, set up your laptop
Singing with Cindy	11-12.30	02/02/2015	23/03/2015	8		Cindy allows weekly payments of \$15 per week or \$12 per week for concession
Zentangle	1pm-3pm	02/02/2015	23/03/2015	8	\$88.00	Learn the meditative art of Zentangles. A series of repetitive patterns which helps focus and creativity.

## Tuesday

Course	Time	Start	Finish	Course length weeks	Pay in Advance (Incl. GST)	
Cross Stitch Lessons	10-12	27/01/2015	17/03/20145	8	\$88.00	Learn how to start , do and finish your own cross stich. Materials NOT included
Coffee and Chat	10.30-12	03/02/2015	24/03/2015	8	\$33.00	Come and meet some wonderful women, enjoy facilitated conversation. environment. Included is your coffee and homemade cake for morning tea. Cheapest coffee and cake in town
Head Hear and Hands—music and art therapy	1- 3	03/02/2015	24/03/2015	8	\$88.00	Give your brain a well-deserved rest and awaken and nourish the senses whilst engaging in activities that use the head, heart and hands <i>at the same time</i> .. It isn't about having 'artistic talent' or any 'artistic experience' <i>at all</i> . We call it 'Art Therapy' - fully trained facilitator
Photography	10-12	03/02/2015	24/03/2015	8	\$44.00	Enjoy a simple way of learning to take great photographs. Walk, Talk and photograph. Ensure you have comfortable shoes for the walk
Home Maintenance	1-3	03/02/2015	24/03/2015	8	88.00	Learn to fix things yourself! Women of all ages will love this program

## Wednesday

<b>Continance - Lets face it and fix it</b>	<b>25th February 2015</b>  <b>10am to 2pm</b>	<b>FREE</b>	<p><b>This event is to:</b></p> <ol style="list-style-type: none"> <li><b>1. Increase the awareness of what continence is and how common it is for women of all ages</b></li> <li><b>2. Clarify the different forms of incontinence—bladder, bowel, slight or severe</b></li> <li><b>3. Increase knowledge of how continence effects women of all ages and stages of our lives</b></li> <li><b>4. Promote awareness amongst different cultures</b></li> <li><b>5. Promote open discussion about dealing with continence, including exercises, aids and treatments</b></li> </ol> <p style="text-align: center;"><b>Fully qualified guest speakers and facilitators</b></p> <p style="text-align: center;"><b>Morning Tea and a Light Lunch will be supplied</b></p>
---	---	-------------	---

# Thursday

Course	Time	Start	Finish	Course length weeks	Pay in Advance (Incl. GST)	
Zumba	10-11	05/02/2015	23/04/2015	8	44.00	An aerobic dance fitness program inspired by various dance styles primarily Latin American.
Emotional Wellbeing	10.30-12.30	05/02/2015	12/03/2015	6	Free to members or \$15 concession	Share experiences and increase knowledge and awareness of how our emotions, thoughts and actions impact on our sense of wellbeing
Making Butter	10.30-11.30	05/02/2015			\$8.00	Learn to make your own Butter the old fashioned way—materials supplied
Making Herbal Oils + vinegar	10.30-11.30	12/02/2015			\$8.00	Please bring along some small jars to take your products home with you.
Making Incense	10.30-11.30	19/02/2015			\$8.00	Make your own incense
Make Spices & Curry Mixes	10.30-11.30	26/02/2015			\$8.00	Please bring some small containers to take your mixes home with you.
Make your own lip balm & Lipstick	10.30-11.30	05/03/2015			\$8.00	
Making Candles from Recycled Mate- rials	10.30-11.30	12/03/2015			\$8.00	Reuse things that you would normally throw away
Making Bath salts	10.30-11.30	19/03/2015			\$8.00	Please bring small containers to take you bath salts home
Homemade Envelopes	10.30-11.30	26/03/2015			\$8.00	Book into all 8 workshops, pay in advance to receive a discount. 8 workshops for \$55.00 (incl GST). A discount of \$9.00
Yoga For Health	1.15-2.30	29/1/2015	19/01/2015	8	165.00	Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.

# Friday

Course	Time	Start	Finish	Course length weeks	Pay in Advance (Incl. GST)	
Legal Service (Family Law)	11am—3.15pm	Ongoing	Ongoing		\$12 or \$10 concession	By Appointment only and client must be member of the Women's Community Centre (SA) Inc
Would You Like to Feel Less Anxious?	10—12	06/02/2015	13/03/2015	6	\$70.00	Annie O'Grady, EFT Master Trainer, author of 'Tapping Your Troubles Away with EFT'. Problems getting you down? Come along to this easy-learn basic class on the amazing DIY Emotional Freedom Techniques (EFT tapping) for stress relief. It's acupressure-and-mindfulness, to soothe your uptight emotions yourself and take charge of your life. Often fast, this technique goes wherever you go. (Harvard Medical School research says that acupressure calms the brain's fear centre.)
Come and Try Card Making/Scrapbooking	1-3	13/02/2015	One Session only	1	\$2	Come and try for the afternoon with a fully trained facilitator. A fun afternoon for all ages
Masks, Hats and Head bands	1-3	06/02/2015	27/03/2015	8	\$98.00	Sarah is a facilitator with many talents including wedding dress sewing, Hair dressing, make up artist. Learn to create your own masquerade mask, decorate your hat for the races or make all sorts of headbands. Most Materials are included.
Life Review Program	1-.30-2.30	06/02/2015	27/03/2015	8	\$44.00	You will learn a lot about yourself during the hour-long sessions over a period of 8 weeks. The group is to be respectful and supportive to each other and whatever is discussed in the room, "stays in the room".
Dress for your Body Shape	6pm—8pm	06/02/2015	One Session Only		\$10	Nerida Lamprill has worked interstate and internationally in the fashion industry for over 30 years as a personal stylist and color consultant, hairdresser and fashion designer winning multiple award for her work, and having her work published in several leading magazines through out Australia. Web:www.neridalamprill.com facebook:Nerida Lamprill styling and image solutions
Individual Counseling	11-2.30	29/1/2015	Ongoing		\$15 per session	Appointments are 45 minutes each. Available by appointment only. Fully Qualified Female Counselor. Book 6 sessions in advance for \$66.00

# Saturday

Course	Time	Start	Finish	Course length	Pay in Advance (Incl. GST)	
Knitting and Crocheting	10-12	31/01/2015	04/04/2015	10	\$55.00	Learn to knit and crochet. A wonderful group of women who have taught each other and new participants for many years at the centre. Not all
Mosaics	1-3.30	31/01/2015	04/04/2015	10	\$250.00	Learn many different techniques with a qualified Mosaics teacher. Liz is also a fully qualified Art Therapist. This cost does not include a small materials fee of \$15.00 per 10 weeks
Poetry Therapy	1-3 Fortnightly	07/02/2015	28/03/2015	5 (fortnightly)	\$55.00	The aim of the course is to allow participants to tap into experiences which may have caused strong emotions and to find the right words to express those emotions in a safe and positive way. Each week a creative space will be created followed by some relaxation and meditation to help participants to enter into their own sacred, creative space.



## Café

Monday, Tuesday, Thursday, Friday and Saturday

Coffee and Tea available 10am to 2.30pm

Lunch Available

12noon

To

2pm



# Fee Structure



## **Pay in Advance**

All courses are now being paid in advance, in many cases this has reduced your “weekly” amount.

## **Bookings are essential**

Tel: **08 8362 6571** or **08 8362 0388**

Email: [reception@wccsa.asn.au](mailto:reception@wccsa.asn.au)

# How to Dress for your Body Shape



Nerida Lamprill has worked interstate and internationally in the fashion industry for over 30 years as a personal stylist and color consultant, hair-dresser and fashion designer working winning multiple award for her work ,and having her work published in several leading magazines through out Australia

Based in Adelaide now , Nerida passion to see women understand their true beauty and value led her to works in the community services sector and helping women to build self acceptance and self esteem.

Nerida s business Success foundations has won the Playford outstanding business award, for work with people with mental illness and disabilities and she was nominated for "Citizen of the year" by Charles Sturt council for her work with ex offenders, and young people.

Nerida has built her reputation on the ability to connect with the people from diverse background to unearth their inner strength and confidence to achieve their goals and dreams.

**February 6th**  
**6pm—8pm**

Learn how to dress for your body shape regardless of what size or shape or age you are.