

**Nottinghamshire Women's Aid Ltd
Summer Term 2010 at the Farr Centre**

MONDAY Free Courses – Free Childcare	
Watercolours (user group-no tutor) 12th April 2010 (ongoing)- 10.00am to 12.00pm	Childcare Available
Circle of Skills (help with numeracy) 12th April 2010 (ongoing)- 10.00am to 12.00pm	Childcare Available
Baby Massage 12 th April for 5 weeks – 1.00pm to 2.30pm	Childcare Available
Cooking on a budget 19th April 2010 for 4 weeks- 1.00pm to 3.00pm	Childcare Available
Basic D.I.Y Taster Session 24 th May 2010 - 1.00pm to 2.00pm	Childcare Available
Basic D.I.Y 7 th June 2010 for 4 weeks – 1.00pm to 3.00pm	Childcare Available
Cake Decorating 5 th July 2010 for 3 weeks – 1.00pm to 3.00pm	Childcare Available
Self Esteem – what is it? 19 th July 2010 – 1.00pm to 3.00pm	Childcare Available
TUESDAY Free Courses – Free Childcare	
Women's Support Group 13 th April 2010 (ongoing) - 10.00am to 12.00pm	Childcare Available
Cake Decorating 13 th April 2010 for 2 weeks - 10.00am to 12.00pm	Childcare Available
On Cloud Nine (<i>alternate weeks—ring for details</i>) 13 th April 2010 (ongoing)- 1.00pm to 3.00pm	Childcare Available
Let's Talk: Health and Wellbeing (<i>alternate weeks- ring for details</i>) 20 th April 2010 (6 separate sessions) - 1.00pm-3.00pm	Childcare Available
Confidence Building 27 th April 2010 for 5 weeks- 10.00am to 12.00pm	Childcare Available
Reiki, Aromatherapy and Crystal Healing 18 th May 2010 for 2 weeks, 13 th July 2010 for 2 weeks - 1.30pm to 3.00pm	Childcare Available
Beginners I.T 8 th June for 5 weeks – 1.00pm to 3.00pm	Childcare Available
Assertiveness – Own your voice 29 th June 2010 for 4 weeks – 1.00pm to 3.00pm	Childcare Available
THURSDAY Free Courses – Free Childcare	
Make a Bird Box 15 th April 2010 – 1.00pm to 3.00pm	Childcare Available
Yoga 6 th May for 4 weeks – 10.00am to 11.30am	Childcare Available
Freedom Programme 12 th May 2010 for 12 weeks- 1.00pm to 2.30pm	Childcare Available
Low Cost Interior Design 10 th May 2010 for 5 weeks- 1.00pm to 3.00pm	Childcare Available
FRIDAY Free Courses – Free Childcare	
One to One IT (appointment needed) 16 th April 2010 (ongoing)- 9.15am to 12.45pm	Childcare Available
Fabric Crafts (user group-no tutor) 16 th April 2010 (ongoing) - 10.00pm to 12.00pm	Childcare Available
Parenting 23 rd April 2010 for 12 weeks- 1.00pm to 3.00pm	Childcare Available

To book YOUR place ring 01909 533610

The Farr Centre, Chapel Walk, Westgate, Worksop, Notts, S80 1LR.

Registered Charity Number 513843

