



Halton Women's Centre

together we can make a change!

Pendennis Court, Castlefields, Runcorn WA7 2SW

Tel: 01928 566073

April 2014

	ACTIVITY	COST	TIME	WHERE
TUESDAY	<u>Crafts</u> With Jane, choose items to make for home or donate to the centre.	2 to £5	10 to 2pm	Training Room
	<u>Yoga for Beginners</u> Deep breathing & relaxation techniques, gentle chair based yoga exercises	£2.50	11 to 12	Lounge
	<u>Life skills with Linda</u> One to one or group sessions to build confidence and well being	£2.50	12.30-1.30	Lounge
	<u>Beauty & Hairdressing</u> Book an appointment with Jane, Rose or our students from Riverside. List of treatments available on reception	See price list	11 to 1pm	Salon
WEDNESDAY	<u>Knit & Natter</u> Informal group get together to share skills and encourage beginners	£2.00	10 to 2pm	Lounge
	<u>Sewing Group</u> Learn to sew, improve your skills, you can choose your own items to make for home, or things to donate to the centre.	2 to £5	12.30 to 2pm	Training Room
	<u>Craft & Create</u> - Join Trish & Tracey for - Card making & scrapbooking (10-1pm) - Bears-2-luv, choose a teddy & knit his outfit,(10-12pm) - Jewellery making (12-2pm)		10 to 2pm	Training Room
	<u>Beauty & Hairdressing</u> Book an appointment with Jane, Rose or our students from Riverside. List of treatments available on reception	See price list	11 to 1pm	Salon
FRIDAY 'Coffee Morning'	<u>Crafts</u> Informal group to chat over a coffee and biscuit or make something fabulous!	£2.00	10 to 2pm	Lounge
	<u>Facials & Hairdressing</u> Book an appointment with Jane for facials or our students from Riverside for hair. List of treatments available on reception	See price list	10.30 till 1.30pm	Salon
We are open on Tuesday Wednesday and Friday 10am to 2pm £1 donation per visit for tea/coffee/biscuits				

APRIL SPECIALS

Wednesday 15th April 2014 – Celebrate our 6th Birthday!

Afternoon Tea and Easter Raffle 12pm – 2pm

Every Tuesday throughout April

Crafts with Jane for **Easter**

(Ask at reception for session details)

Facials & Hand treatments 10.30 – 1.30pm

Every Friday throughout April with Jane

See Poster for details - 30 min session

Tuesday 1st, 8th, 15th & 22nd April 12.30 – 1.30pm

One to One Life Skills training with **Linda**

£2.50 per session

Friday 25th April

Reiki with Pam

Please book at Reception

Coming Soon – Positive You self-development course

Starts Tuesday April 29th at the Women's Centre for 6 weeks

Ask at reception for details

