

# Wellbeing Courses Sept - Oct 2026

[www.firststepswomenscentre.org/apply](http://www.firststepswomenscentre.org/apply)



## Unlock Your DIY Potential Mon 14<sup>th</sup> Sept, 9.45 -12.45pm, 4 wks



This empowering course with Sarah is designed to help you build confidence and independence by mastering essential DIY skills and tools. You will gain hands-on experience in how to: master power tools, build a stud wall frame, create a custom tool box and hang shelving.

## Building Self Confidence Mon 7<sup>th</sup> Sept, 12.30-2.30pm, 6 wks



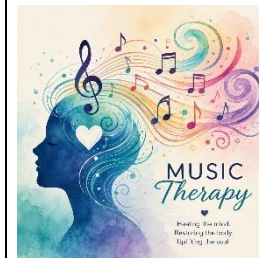
This course delivered by Norah Hughes will help you improve your confidence and self-esteem, adopt a more positive approach to life, identify the changes you want to make, and help you express your ideas and feelings in an open and honest manner.

## Forest Bathing Mon 14<sup>th</sup> Sept, 10am-11.30am, 4 wks



Leave the rush behind and step into the quiet world of the forest with Melanie McGee as your guide. These sessions combine gentle movement and mindfulness. You'll explore the forest engaging your senses allowing the sights, sounds, and subtle energy of the woods to gently support you.

## Music Therapy Taster Tues 22<sup>nd</sup> Sept, 10-11.30am, 1 wk



Join Cathy Quinn for a taster session with the option afterwards to join a 4 week course. This taster session provides a gentle introduction to music therapy, focusing on relaxation, self-expression, and group connection. Participants will leave feeling more relaxed, connected, and with simple tools they can use in everyday life.

## Spotting Early Red Flags in Relationships 16/9/26 10-11am



This is a 1 hour workshop with Karen Gracey. Many women are in, or have come out of, toxic relationships, and many say they didn't recognise the signs at the beginning. This aim of this workshop is to help women become more aware of those early signs before they find themselves in toxic or controlling relationships.

## Respectful Relationships Wed 23<sup>rd</sup> Sept ,9.45am -11.45am, 4 wks



Relate NI are delivering this excellent course which promotes respectful relationships and an understanding of the differences between challenging relationships and those rooted in harms. It reduces barriers by creating a supportive group where participants focus on developing self-worth and confidence building in relationships to ensure women & girls feel safe everywhere.

## African Drumming

Wed 16<sup>th</sup> Sept, 12.30-2.30pm, 6 wks



This vibrant course is fun, uplifting and very energising! No musical or drumming background is necessary. Expertly guided by Marcella from Community Tribal Drumming, you will learn to play hand-drums and other percussion instruments creating a wonderful group rhythm.

## Holistic Self Help for Perimenopause 21/10, 9.45–11.45, 6 wks



Embrace a smoother transition to menopause with Susanne Trouton from Foot Works. This course empowers you with techniques to naturally balance your hormones, soothe your nervous system, and reclaim control over your body's well-being. Includes: reflexology, massage, relaxing facial techniques and aromatherapy.

## Sound Bath

TBC



Join Christina for a truly nourishing hour of deep relaxation. A Sound Bath is an immersive experience that uses sound to nurture your mind and body. Different sounds and frequencies are introduced in succession created by a variety of instruments including tuning forks, gongs, crystal singing bowls, chimes, and voice. Pure bliss!

## Wellbeing Morning

Thurs 8<sup>th</sup> Oct, 10am – 2pm



A beautiful morning of relaxation and wellbeing. Amanda will guide you in various body-mind-spirit practices designed to alleviate stress, heal trauma, and foster peace. These holistic techniques integrate ancient traditions and modern research, empowering individuals to use their own inner wisdom for self-care

## Mindset Matters (ZOOM) Mon 12<sup>th</sup> Oct, 7pm – 8.30pm x 4 wks



This 4 week ONLINE course delivered by Helen Quinn will help you to build mental fitness and improve various aspects of your life including stress management, relationships, positive parenting, time management and emotional intelligence. You will develop new habits through daily practice to create positive lasting changes.

## APPLY – use the QR code / apply online / call in /phone



**For questions**

**Contact Amanda: 028 8772 7648**







**[fswc.amandab@gmail.com](mailto:fswc.amandab@gmail.com)**

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# Wellbeing Courses Nov - Dec 2026



<p><b>Holistic Self Help for Perimenopause</b> 2/11 , 9.45–11.45 x 6wks</p>  <p>Embrace a smoother transition to menopause with Susanne Trouton from Foot Works. This course empowers you with techniques to naturally balance your hormones, soothe your nervous system, and reclaim control over your body's well-being. Includes: reflexology, massage, relaxing facial techniques and aromatherapy.</p>	<p><b>Creative Connections</b> Mon 2<sup>nd</sup> Nov, 12.30-2.30pm x 6 wks</p>  <p>Edel from Patchwork People is back with a new course! Participants will learn creative techniques to build on their confidence, self-expression and create meaningful connections through creative storytelling. Mediums used will include clay, drawing and mask making.</p>
<p><b>Chi Flow</b> Tues 3<sup>rd</sup> Nov 9.45-11.15am x 6 wks</p>  <p>Self-care doesn't have to be hard or exhausting. Qi Flow Stretching of Energy Meridians is a soft, nourishing practice that helps you release tension, calm your nervous system, and reconnect with your body's natural rhythm. Join Giovanna for this gentle class which is similar to yoga &amp; give yourself space to slow down, breathe, and restore your energy.</p>	<p><b>Creative Writing</b> Tue 3<sup>rd</sup> Nov, 12.30–2.30pm x 6 wks</p>  <p>In this very supportive class Fionnuala Cassidy will help you explore your creativity and why you want to write, learn techniques that develop powers of observation &amp; imagination and explore different styles / genres of writing such as poetry, Journalling, memoir, story-telling and fiction.</p>
<p><b>Holiday Spanish</b> Wednesday 4th Nov, 9.45-11.45am x 9 wks</p>  <p>Going on holiday to Spain or a Spanish speaking country? Visiting friends there? Want to improve your experience and learn about the culture? Come and join us for some practical language and tips! ¡Hasta la vista, chicas!</p>	<p><b>Good For Me</b> Wed 4<sup>th</sup> Nov, 12.30-2.30pm x 6 wks</p>  <p>Ready to reset, refocus and do something truly good for you? This new 3-week course is designed to help you:</p> <ul style="list-style-type: none"> <li>• Set clear, achievable goals</li> <li>• Create your own inspiring vision board</li> <li>• Explore the power of essential oils</li> <li>• Build a simple, calming meditation practice</li> </ul> <p>This is your time to slow down, get intentional, and prioritise YOU.</p>

**What's Your Body Telling You? Wed 25<sup>th</sup> Nov, 12.30 – 2.30 x 3 wks**



Have you ever wondered why you have the same ailment return again & again? Dominique Mallon from Mallon Kinesiology will help you figure out the metaphysical and emotional meanings behind common ailments and health challenges. The course will also help you clear emotional attachments and learn how to move forward



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**FOR MORE INFO**

Contact Amanda on: 028 8772 7648

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**[www.firststepswomenscentre.org](http://www.firststepswomenscentre.org)**



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