

Wellbeing Courses Sept - Dec 2025

www.firststepswomenscentre.org/apply



Mindful Photography Walk Mon 8th Sept, 9.45 -11.45am, 6 wks



Join professional photographer Catriona Corrigan on our new Mindful Photography course starting this Autumn. Catriona will help you to improve your smartphone photography as you quieten your mind, spark creativity and reconnect with nature.

Building Self Confidence Mon 8th Sept, 12.30-2.30pm, 6 wks



This course facilitated 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.

Meditation & Journalling Tues 9th Sept, 10-11.30am, 6 wks



Christina from Divine Lotus Therapies will introduce you to the powerful practices of both meditation and journaling and help you to build a regular meditation practice.

Benefits of meditation include: Reduced stress, anxiety & worry, lower blood pressure, increased focus, greater clarity, increased resilience and a greater sense of calm.

Stretch & Tone Tues 9th Sept, 1.30-2.30pm, 6 wks



Stretch and tone in this very popular weekly class with Anne Bresland from 360 Active. Especially suitable for beginners and is also adapted for all physical abilities. You will be taken through a number of gentle movements both on your feet and on the mat (can also be done seated). Anne's infectious energy and in-depth experience will have you feeling energised and motivated!

African Drumming Thurs 11th 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.

Unlock Your DIY Potential Mon 3rd Nov ,9.45am -12.45pm, 4 wks



This empowering course with Sarah from Building it Better NI is designed to help you build confidence and independence by mastering essential DIY skills and tools. Across 4 weeks, 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 and curtain poles.

Women, Barriers & Breakthroughs Tues 20th Oct 12.30-2.30 7wks



A fantastic new course with Eileen Fegan looking at how women, as a group, have historically been disempowered. This course explores:

- The role women have been given in society and who benefits from it.
- The barriers to women's empowerment.
- How everyday language and assumptions about women affects us.
- What we can do, to empower ourselves and others

Intro to Holistic Therapies Tues 21st Oct, 9.45–11.45am x 7 wks



Would you like to know more about Holistic Therapies? Delivered by Christina from Divine Lotus Therapies, this course covers the basics of:

- Reflexology & Massage
- Crystals & Energy
- Holistic Facials
- Pressure Points & more.

Body ♦ Mind ♦ Emotions Thurs 6th Nov, 9.45-11.45am, 6 wks



This very popular course based on the principles of Traditional Chinese Medicine is delivered by Giovanna Baistocchi. Giovanna will help you see how your body can guide you towards optimal health. We usually don't listen to illness and pain until our body says: stop! Each organ is linked to a particular emotional and energetic process that if discovered can help us to heal.

Living Life to the Full Thurs 6th Nov, 12.30-2.30pm, 6 wks



This is a programme that can make a big difference. It will help you manage your feelings when you are stressed, anxious, worried or depressed. It can help if you feel:

- I can't be bothered doing anything
- Why does everything always go wrong?
- I'm not good enough
- How to fix almost everything

Respectful Relationships Thurs 25th Sept, 9.45-11.45 x 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.

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



For questions

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