

PROVISIONAL TIMETABLE Autumn 2023

Course Title	Start Date	Day	Time	Duration
WELLBEING				
Wellbeing in Nature	11/09/2023	Monday	9.45am - 11.45am	6 weeks
Relax & Unwind	12/09/2023	Tuesday	9.45am - 11.45am	6 weeks
Stretch & Tone	12/09/2023	Tuesday	1.30pm - 2.30pm	6 weeks
Living Life to the Full	13/09/2023	Wednesday	9.45am - 11.45am	6 weeks
Body. Mind. Emotions.	21/09/2023	Thursday	9.45am - 11.45am	6 weeks
Introduction to Holistic Therapies	24/10/2023	Tuesday	9.45am - 11.45am	7 weeks
Stress Management	06/11/2023	Monday	9.45am - 11.45am	6 weeks
I CAN	08/11/2023	Wednesday	9.45am - 12.00pm	3 weeks
Yoga	08/11/2023	Wednesday	1.00pm - 2.15pm	6 weeks
Tai Chi for Relaxation	09/11/2023	Thursday	10.00am - 11.00am	5 weeks
African Drumming	09/11/2023	Thursday	9.45am - 11.45am	6 weeks
LIFESKILLS				
English for Beginners	13/09/2023	Wednesday	9.45 am - 11.45am	Ongoing
ESOL Entry Level 1	11/09/2023	Monday & Tuesday	9.45am - 11.45am	Ongoing
ESOL Entry Level 2	11/09/2023	Monday & Wednesday	9.45am - 12.45pm	Ongoing
ESOL Entry Level 3	12/09/2023	Tuesday & Thursday	9.45am - 12.45pm	Ongoing
Improve Your English	11/09/2023	Monday & Wednesday	9.45am - 11.45am	Ongoing
Digital Literacy	TBD			
Improve Your Maths				
OCN NI L1 Award in Employability Skills				
OCN NI L1 Award in Progression to Employment (Applying for Work)				
OCN NI L1 Award in Progression to Employment (Interview Skills)				
MISCELLANEOUS COURSES				
Cultural Awareness	TBD			
Defibrillator Training				
First Aid				
Flavours of the World				
Food Hygiene				
Minding Your Money	06/11/2023	Monday	12.30pm - 2.30pm	6 weeks

*Courses/Dates/Times Subject to Change

Apply online at <https://www.firststepswomenscentre.org/index.php/application-form>
Email: thewomenscentre@gmail.com