



COURSE	TIMES & DURATION	VENUE	COST
<b>Basket Making Workshop</b> Learn the art of basket masking with this one day workshop. All materials provided and each participant will make their own unique basket to take home on the day – limited places available	One Day Workshop 10.00am – 4.00pm  Saturday 24 <sup>th</sup> September	North Leitrim Women's Centre, Bee Park Centre, Manorhamilton	Cost: €25.00  Lunch not included
<b>FETAC Level 3 Certificate in Information &amp; Communication Technologies</b> Modules will include Work Processing, Desktop Publishing, Internet Skills, Spreadsheets and Communications	Induction – 12pm-1pm Thurs 15 <sup>th</sup> Sept Course Starts- Monday 19 <sup>th</sup> September Mondays & Thursdays 10.00am-1.00pm	North Leitrim Women's Centre, Bee Park Centre, Manorhamilton	Free - Funded by Mayo, Sligo and Leitrim Education and Training Board
<b>Cookery – Nutrition &amp; Healthy Options Accredited FETAC Level 3</b> Participants will learn about nutrition and the importance of a balanced diet, catering for special dietary needs, food safety and gain the skills to prepare a range of nutrition meals.	Mondays 6.30 – 9.30pm 10 weeks  Starting: Monday 26 <sup>th</sup> September	Food Hub Drumshanbo	Free - Funded by Mayo, Sligo and Leitrim Education and Training Board
<b>Digital Crafting and Design Course at FABLAB Manorhamilton.</b> This six part course will introduce you to fun and exciting ways to use digital design software and computer controlled machines to make beautiful and unique arts and crafts. Using different materials and technology such as Laser Cutters, 3D Printers and Vinyl Cutters, participants will create a range of unique personally designed items to take home. No previous computer design experience is required but basic computer skills are assumed.	6 Sessions - 10.00am – 1.00pm  Tuesday 20 <sup>th</sup> September Thursday 22 <sup>nd</sup> September Tuesday 27 <sup>th</sup> September Thursday 29 <sup>th</sup> September Tuesday 4 <sup>th</sup> October Thursday 6 <sup>th</sup> October	FABLAB Manorhamilton	Free - Funded by Mayo, Sligo and Leitrim Education and Training Board  Materials Cost - €15 for the 6 weeks
<b>Leitrim Jobs Club</b> A four week Job Seeking Skills Programme- To Book a place contact Leitrim Development Company on 071 9641770	Monday 26 <sup>th</sup> September – Thursday 20 <sup>th</sup> October 10am-1pm Daily	North Leitrim Women's Centre, Bee Park Centre, Manorhamilton	The Job Club is funded by FÁS and sponsored by Leitrim Development Company and Sligo Council of Trade Unions
<b>Positive Life Skills with Rebecca Cogan</b> This 4 week course will allow you the space and time to reflect on your own skills, qualities, attitudes and values. The better you understand yourself, the better you will be able to accept yourself, and then look to identify and change the things you want to.	Wednesday 10am -1pm 4 weeks  Starting: <b>Wednesday 26<sup>th</sup> October</b>	North Leitrim Women's Centre, Bee Park Centre, Manorhamilton	Free - Funded by Mayo, Sligo and Leitrim Education and Training Board
<b>A Healthy Eating Voyage Round the World – Vegetarian Cookery Course With Tamara Samson</b> Creating healthy nutritious meals from around the world on a budget. This course aims to make sense of the abundance of information and advice out there regarding diet and health All new recipes so suitable for newcomers and those that took part in Tamara's previous course	Fridays 10.00 - 1.00pm 6 weeks  Starting <b>Friday 28<sup>th</sup> October</b>	North Leitrim Women's Centre, Bee Park Centre, Manorhamilton	Part-Funded by Mayo, Sligo and Leitrim Education and Training Board  Cost: €30 contribution for the 6 Week - includes lunch each day
<b>An Introduction into Green Wood Work with Steffi Otto</b> Participants will get introduced to a range of traditional hand powered tools and natural material and gain confidence in using them. Participant will craft simple items such as tree slice faces, dwarfs, yule logs.	2 Sessions: 10.00am – 1.00pm  Thursday 10 <sup>th</sup> November Thursday 17 <sup>th</sup> November	North Leitrim Women's Centre, Bee Park Centre, Manorhamilton  <i>Attendance at first session is essential for Health &amp; Safety Talk</i>	This course is part funded by Gaelectric Community Benefit Fund  €10 Participant Contribution
<b>The 3 Principles - Living in the Flow of Natural Wellbeing With Paula Flanagan</b> Have you experienced moments where all felt right with the World, when all around was peaceful and you could enjoy the moment? What if this was available to you whenever you needed it, when you could simply rest in a quiet peace of mind? Come join us as we explore how we can all find that place within ourselves	Tuesdays - 10.30am – 12.30pm 2 weeks  25 <sup>th</sup> October 1 <sup>st</sup> November	North Leitrim Women's Centre, Bee Park Centre, Manorhamilton	Free - The Course is Funded by Gaelectric Community Benefit Fund
<b>Needle Craft with Roz</b> Needle Craft, Embroidery & Applique	Tuesdays 10am-1.00pm 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> November	North Leitrim Women's Centre, Manorhamilton	Costs - €5 Per session
<b>BiroMums with Anna Morvern</b> A series of expressive writing workshops focused on motherhood and mothering – the course is inclusive so you can define mothering in anyway, new Mum, Aunt, Grandmother, Foster Mum etc. Expressive writing is writing from the personal, the emotional, from the body, mind and spirit, you're your experiences and memories – no experience is necessary all you need is a biro to get started	Wednesdays 10.00am – 12.30pm 6 Weeks  Starting: <b>9<sup>th</sup> November</b>	North Leitrim Women's Centre, Bee Park Centre, Manorhamilton	This course is part funded by Gaelectric Community Benefit Fund  Participant Contribution: €25
<b>Christmas Flower Arranging – Demonstration With Triona Warnock</b>	Tuesday 29 <sup>th</sup> November 7pm -9.30pm	North Leitrim Women's Centre, Manorhamilton	Cost €5
<b>Christmas Cookery with David Mitchell</b> Tips, Recipes and Ideas for the perfect Christmas Dinner	Monday 5 <sup>th</sup> December 6.30pm – 9.30pm	Food Hub Drumshanbo	Cost - €10
<b>Christmas Crafts with Liz Byrne</b> Design and make your own Christmas decorations.	Friday 9 <sup>th</sup> December 10am -4pm	North Leitrim Women's Centre, Manorhamilton	Cost €5