

CoLab Exeter Resilient Women – Online Activity Programme June 2020

We at CoLab Resilient Women will continue to support, connect and lead women through difficult times by offering a range of online activities using Whatsapp and Zoom apps to enable women to get together virtually. Places at Zoom sessions will be limited and those wishing to join should book on as below. Links to wider courses will be added during the month. If you would like to join our Resilient Women mailing list contact jeanie.lynch@colabexeter.org.uk

Magic Monday

Zoom Session

START THE WEEK!

CHILL OUT SESSION 9.15-10am

Join us in an online relaxation, meditation and chill-out session that will gently enable you to connect to yourselves and others, and prepare for the week ahead.

Whatsapp Session

Resilient Women Whatsapp Group 10.30 – 12 noon.

<https://chat.whatsapp.com/DGmC6d8gcZPCR8jKJrCIYf>

MANAGING DIFFICULT EMOTIONS 2-3pm

A 4 week course that will help you to find ways of managing distress and find calm – contact

kate.pattar@colabexeter.org.uk

Thoughtful Tuesday

Zoom Sessions

BACK BY POPULAR DEMAND! REDISCOVERING YOU 4 WEEK COURSE (FROM 16 JUNE) 11-12 – contact Jeanie to book your space!

1-2-1 THREADS

Mindmapping with Lizzie Bond of Learn Devon 1-3pm.

Contact

lizzie.bond@devon.gov.uk

to book your time and date.

Choice of guided maps to help you think about yourself, where you are now and where you would like to be.

Women's Wednesday

Whatsapp Session

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Zoom Session

WEDNESDAY WOMEN CREATIVE WRITING SESSION 2-3pm

Join Fiona Prideaux in an online writing session that will enable you to connect, express and share your creative writing skills.

Thankful Thursday

Zoom Sessions

NEW FOR JUNE! LET'S TALK

1-2-1 Zoom/Phone Support Sessions 10-12

Need some time to talk through issues? We can offer you a chat on Thursday mornings, either on Zoom or by phone. These slots need to be booked in advance – please contact Jeanie for more info.

Fabulous Friday

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Zoom Session

COLAB ARTS & CRAFT-ERNOON WITH NICCI WONNACOTT 2-3pm

Join Nicci for an hour of arts, crafting and online chat to end the week and welcome the weekend.

How You Can Join Us – Step 1. Zoom Sessions - Email with the title, day and email address to be invited to the session. You will receive an email with a link to confirm your place. To book email: jeanie.lynch@colabexeter.org.uk Step 2 – download the Zoom app <https://zoom.com> and Whatsapp app <https://www.whatsapp.com/> Have a practice run before your workshop to make sure that everything is properly installed. Don't forget that on Zoom you have to click on to the camera and the audio button! ☺