

CoLab Exeter Resilient Women – Online Activity Programme February 2021

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 maria.koutsoumanis@colabexeter.org.uk

Magic Monday

10.30-12 noon
Grief Café (ONGOING)



1-2pm
Venus Clinic (ONGOING)

1-2pm Photography using your phone. Culminating in photography exhibition for international women's day. Beginning 8th Feb

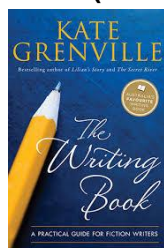
2-3-pm
Pilates with Claire
A gentle way to begin the week, stretch and flex your stiff muscles with a gentle session of pilates

Thoughtful Tuesday

Financial Resilience Online Zoom Sessions: Tuesdays February 2nd, 9th, 16th
Time: 10.30-12.00

Financial Resilience 121 appointments – contact Sarah Dyton to book your place

2-3pm
Creative Writing and Book Club Session (ONGOING)



Women's Wednesday

10.30-12 noon Whats App group. (ONGOING)

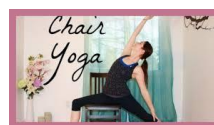
11am-12.30pm Quay Words a writing and Poetry workshop till mid March

12.45-1.45pm Dare2BU (Beginning 10th February)

2-3pm The Talking Circle



6.30-7.30pm Holistic Chair Zoom



Thankful Thursday

Soothe the soul with music – Join other resilient women in singing loudly and proudly no matter your ability 10.30-12



If you can also play an instrument, then bring it along

Fabulous Friday

10-12
Dreadnought (Radio show training course closed group)

1.30-2.30
Colab Arts and Crafterzoom session (ONGOING)



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: rachel.shepperd@colabexeter.org.uk or tina.kiff-jamieson@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! ☺ For more info call us on 01392 284270 or email resilientwomencentre@colabexeter.org.uk