

CoLab Exeter Resilient Women – Online Activity Programme January 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 rachel.shepperd@colabexeter.org.uk

Magic Monday

10.30-12 noon
Grief Café (ONGOING)

1-2pm
Venus Clinic (ONGOING)

2-3pm
Pilates with Claire – more to follow

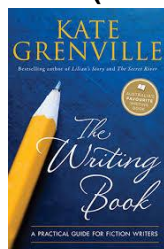


Thoughtful Tuesday

Financial Resilience Online
Zoom Sessions: Tuesdays
January 19th and 26th,
February 2nd
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)

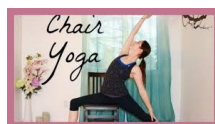
11am-12.30pm Quay Words
a writing and Poetry
workshop
(January – Mid March)

12.45-1.45pm Dare2BU
(January only)

2-3pm The Knitting 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 starting
from the 21st of Jan



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 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