

Start Dates	Course Details
Friday 2 nd , 9 th and 16 th June 10am-12 noon	More Organised, Less Stressed This course will help you with time management skills and to identify signs and symptoms of stress. You'll learn some tools to help you cope better with stress. The course will take place over 3 sessions.
Friday 16 th June 10am-1pm	Engineering Skills Visit for Women This is an exciting opportunity for women interested in engineering skills to visit Belfast Met's metal working, welding and foundry workshops and hear from women who are on the Engineering course. There will be an opportunity to register for a free taster week, which could lead to continuing your training to Level 1 or Level 2 in Engineering Skills.
Tuesday 25 th July and 1 st August 10am-1pm	Decorative Furniture Painting Gain practical tips and skills to give your furniture a fresh look, bring a piece of furniture to work on and learn a variety of paint effect techniques over this 2 session workshop.
Tuesday and Wednesday 8 th , 9 th , 15 th , 16 th , 22 nd and 23 rd August 10am 1pm	Carpentry Skills Use a range of carpentry tools and learn basic woodworking skills. Make a personal project using wood, and get an accredited OCN certificate.
Monday to Friday 14 th -18 th August 10am-1pm	Summer Gardening Make new plants for free, learn about plants & gain basic gardening skills. Get an accredited OCN certificate in plant propagation.

For further information contact Patricia Fleming or Amanda Ferguson.
E: info@womenstec.org or T: 028 9074 9810



Courses are for women aged 16+. The above courses are fully funded so there is no cost incurred by you, however, you do have to be unemployed or working less than 16 hours/week to meet the criteria of our funders.

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Belfast
City Council



An Roinn Gnóthaí Eachtracha agus Trádála
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