

# PROGRAM



## LISMORE

# WOMEN'S FESTIVAL



1-9  
MARCH  
2019



YWCA Australia acknowledges the  
Widjabul and Wia-bal people of the  
Bundjalung Nation,  
and pays respect to the elders;  
past, present and future.

## NOTES

### Facebook

The Lismore Women's Festival facebook page lists all events. Please look there for updates on events, weather contingencies, etc.

### Your feedback

is essential! Please fill out survey forms available at events, online at <https://www.surveymonkey.com/r/7HQNHPV> or contact us. Thanks.

### Choosing events

While care has been taken to describe events, you are encouraged to select appropriate activities for yourselves and your families. Please contact event organisers directly for more information.

### Addresses

If the event is outside of central Lismore, the full address will be listed.

### Front Cover Photo

by Rachel Windress  
at Opening Event 2018

### Contact

Festival Coordinator, Emma Newman  
0490 437 476

[nsw-womensfestival@ywca.org.au](mailto:nsw-womensfestival@ywca.org.au)

[www.lismorewomensfestival.org](http://www.lismorewomensfestival.org)

YWCA Australia Northern Rivers:

ph 02 6625 5800



**WWW.LISMOREWOMENSFESTIVAL.ORG**



Welcome to the third Lismore Women's Festival!

Now we are three, we have grown significantly with a jam-packed program of things to do, see, make and ponder. This is a "choose your own adventure" festival: you select the activities that make up your journey. There is an incredible array of trails to take, down the arty path, up the political spout, get over to where you've never been before, pick up some awesome skills along the way and make it back to where you belong.

The festival is a combination of community spirit, hard yakka and pure dedication to see Lismore women come alive, we want you to be inspired and we want you to be there!

In June last year, YWCA Australia became a national organisation, we join a small number of organisations in Australia committed to gender equality and led by women. The Lismore Women's Festival is one of many events across Australia where the YWCA takes a positive stance. The festival is about giving women a safe place and voice, it's about exchanging skills and ideas, it's about moving away from the stereotypes that confine gender. The festival is a time for celebrating what has been achieved and what's on the horizon. It's also about honouring the suffering that women have endured and committing to changing it.

A huge thanks goes to our committee, to the women hosting events, our staff, helpers, volunteers and organisations supporting the festival. We hope you take the opportunity to bring friends and family along to find an adventure and enjoy a great Women's Festival!

**Don't Forget!**  
**Come to our Opening Event on**  
**Saturday 2 March**  
**in the Quad!**

## Friday 1 March

### The Power of Vision Boarding

9.30am - 1.30pm, Friday 1 March

The Belonging Project

#### Pearces Creek Hall

Pearces Creek Hall Road, Pearces Creek

In a culturally safe circle we tune into our soul's deepest longings and gently 'birth' them into life through collage. As women there has never been a greater time to step into our power and manifest the world we want to live in.

**Facilitator** Jennifer Winfield

**Cost** \$55 includes all materials

**Bookings** [hello@jenniferwinfield.com](mailto:hello@jenniferwinfield.com)

**Enquiries** 0418 272 530

**Web** [www.jenniferwinfield.com](http://www.jenniferwinfield.com)

**For** Women and girls 14+

**Bring/Info** Drinks and snacks provided

**Access** Venue has wheelchair access, but not disability toilet

### Ceramic Workshop

1.00 pm - 5.00 pm, Friday 1 March

Victoria Pitel

#### Silvercloud Studio

14 Foleys Road South Lismore

Using a precast form and clay, participants will create 'take home bowls and platters'. The process includes decorating surfaces using slips, stains and glazes. All materials are provided and included in the fee. Firings are done by arrangement.

**Facilitator** Victoria Pitel

**Cost** \$85 cash at door

**Bookings** [vapitel@yahoo.co.uk](mailto:vapitel@yahoo.co.uk)

**Enquiries** 0427 053 846

**Web** <http://vapitel.wixsite.com/figurativeceramics>

**For** all over 12, beginners welcome!

**Bring/Info** water bottle, apron, or wear older clothing. Parking: on Foleys Road, follow signs, under the building to large back deck.

**Access** Wheelchair accessible and toilet

### Ayurvedic Ritual of Massage & Facial Care

6.00-8.00 pm, Friday 1 March

Lilian Alkmim

#### Grounded Ayurvedic Clinic

527 Humpty Back Road Pearces Creek

In a circle format we will learn and exchange an ancient beauty routine with steam from fresh herbs, followed by a relaxing facial massage technique and application of an organic ayurvedic facial mask. The result is an immediate effect of glow to our facial skin, increased self esteem and a space of quietness in ourselves.

**Facilitator** Lilian Alkmim

**Cost** \$39 online

**Bookings** [groundedayurveda.com](http://groundedayurveda.com)

**For** All women (nursing bubs fine)

**Bring** Comfortable clothes

**Access** No wheelchair access sorry

# Saturday 2 March

## Official Opening Day

10.00am - 3.00pm, Saturday 2 March

YWCA Australia

### Lismore Quadrangle

Gather in the relaxed space of The Quad for music, stalls, activities and connection. Bundjalung women Aunty Thelma James and Aunty Marie Delbridge will commence the day by welcoming everyone. Interactive installation by Jennifer Collins & Pen Sienna.

**Updates** Lismore Women's Festival facebook

**Enquiries** 0490 437 376

**Web** [www.lismorewomensfestival.org](http://www.lismorewomensfestival.org)

**For** All

**Bring/Info** Foliage, leaves or vines for our Welcome Arch (optional), water bottle, hat

**Access** Wheelchair accessible and toilet

## Small Town Girl Photography Exhibition

11.00am - 3.00pm, Saturday 2 March

YWCA Australia

### Studio Underground,

**Northern Rivers Conservatorium, 152 Keen St**  
(enter from rear carpark)

In this exhibition Elize presents candid images of girls in YWCA's Links To Learning program, sharing their personal growth and change. For six years Elize Strydom has documented the daily lives of teenage girls in regional Australia, South Africa and the USA for her Small Town Girl project.

**Facilitators** Elize Strydom, Kylie McKenzie

**Cost** Free

**Enquiries** 0415 202 279

**Web** <https://elizestrydom.carbonmade.com>

**For** All

**Access** Wheelchair accessible and toilet

Opening  
Event

## Women in Harmony Vocal Workshop

11.00am - 12:30pm & 1:30pm - 3.00pm,  
Saturday 2 March

Northern Rivers Conservatorium

**Concert Floor, 2nd floor, Northern Rivers  
Conservatorium, 152 Keen Street**

If you love to sing, or even think you might come and experience the uplifting, healing power of singing with other women in this experiential workshop. Guided by expert singing facilitator Imogen Wolf, before you know it you'll be singing simple songs from around the world in beautiful harmony.

**Facilitator** Imogen Wolf

**Cost** \$20 / \$15 conc, cash at the door

**Bookings** <https://nrcac.edu.au/women-in->

**Enquiries** 6621 2266 or [admin@nrcac.edu.au](mailto:admin@nrcac.edu.au)

**For** Women 16 years and over

**Bring** water bottle & wear loose comfortable clothing

**Access** No wheelchair access

Opening  
Event



# Women talking with Refugees - heroes with hearts of gold

12.00noon - 1.00pm, Saturday 2 March

Amnesty International

**Event Space, Lismore Regional Gallery  
Rural St**

Local women have been talking by phone to refugees on Manus and Nauru, who are highly traumatised and many have given up hope. This year marks 6 years of indefinite offshore detention. Some of these compassionate women will talk about what they have learnt and experienced, providing personal, one-on-one support.

**Facilitator** Anne Tuart

**Cost** Free

**Enquiries** 0427 003 609

**For** All including men.

**Bring** an open heart

**Access** Wheelchair accessible and toilet

**Opening  
Event**

## Peace Begins at Home (Domestic Violence)

2.30pm - 4.30pm, Saturday 2 March

Remembering and Healing Inc.

**Event Space, Lismore Regional Gallery  
Rural St**

A panel discussion with local women who are working in the area of domestic violence. MC: Kath Fisher (SCU). A Q & A part will be followed by an informal afternoon tea, providing the opportunity to connect with the speakers and other participants.

**MC** Kath Fisher (SCU)

**Cost** Free, donation appreciated for

**Enquiries** 6688 6214

**Web** rah.org.au

**For** All, not suitable for children

**Access** Wheelchair accessible and toilet

**Opening  
Event**

## Reclaiming your Power with Art Therapy

3.00pm - 5.00pm, Saturday 2 March

Liz Dowling and Corinne Batt-Rawden

**Serpentine Community Gallery  
17 Bridge Street, North Lismore**

This is an invitation to come on an adventure to tap your inner wisdom and intuitive self, utilising art therapy techniques to guide you on a journey to reclaim your power. Liz Dowling and Corinne Batt-Rawden are both nationally registered Art therapists who practice in Lismore.

**Facilitator** Liz Corinne Batt-Rawden

**Cost** \$30 cash at door

**Bookings** required

**Enquiries** 0403 613 898

**Web** <http://fromthebower.net.au>

**For** Women 17 and over

**Info** Materials & refreshments available

**Access** Wheelchair accessible, call for more info

**Opening  
Event**

# 'She-Rated' Cabaret Night

6.30pm - 12.00midnight Saturday 2 March

Gabrielle Griffin

## NORPA Dance Studio

6.00pm - 7.00pm Clothes Swap

8.00pm - 9.30pm Cabaret

10.00pm -12.00pm DJ

Grab glamour gowns and shiny suits in our inaugural Cabaret Clothes Swap! Then gulp the mead of female creativity as we reveal our wild, wise, queer and funny selves for your pelasure, using dance, song, puppetry and circus. MCs Claudie Frock, Gabrielle Griffin, Simone O'Brien will be your hosts with the mosts.

**Curators** Gabrielle Griffin, Simone O'Brien

**Cost** \$20/15 for Cabaret, cash at door

**Enquiries** 0418 438 396

**Web** Facebook event

**For** All over 15

**Bring/Info** Bring any good condition clean clothes to swap (optional). Patrons can access NORPA bar.

**Access** Wheelchair accessible

## Sunday 3 March

### Women in the Bush: respecting the past, creating the future

9.00am - 12.00noon, Sunday 3 March

Richmond Landcare Inc

#### Slaters Creek Wetland, Bridge St North

**Lismore.** Follow pathway at cnr Bridge & Pitt Sts to meeting circle. Please park well off the road.

We welcome women to connect to one another and Slaters Creek Wetland; to network, share and grow as individuals and as a community of women in the bush. We'll meet on Banyam Baigham country for yarnning and food sharing, building a network of women caring for the land, elders, bush regenerators, landcarers and bush women.

**Facilitated** Richmond Landcare and Banyam  
**by** Baigham Landcare

**Cost** Free

**Bookings** <https://www.facebook.com/events/283091889031619/> (waiting list only)

**Enquiries** 0434 408 050 or 0416 150 659

**For** All people identifying as women

**Bring** water bottle, hat, covered clothing, enclosed shoes, picnic blanket/chair. Morning tea provided (GF/V options).

**Access** Limited wheelchair accessibility. No wheelchair accessible toilets.

# All day activities at YWCA, Sunday 3 March

10.00am - 4.30pm, Sunday 3 March

**YWCA, 101a Rous Rd, Goonellabah**

All day activities, listed below, will be held at the beautiful YWCA building. There will be teas, coffee and refreshments available, closed off grass and play area for kids. You are welcome to chat and connect, surrounded by trees, between workshops.

## Children's Nutrition Workshop

10.00am - 11.45am, Sunday 3 March

Theresa Gray

**YWCA Training Room**

**101a Rous Rd, Goonellabah**

This workshop discusses children's nutritional requirements. I will show you how to create a healthy eating plan, advice of simple swaps, how to tackle fussy eating and the importance of families eating together. In addition, there will be tips and tricks for keeping children happy whilst cooking and how to read food labels.

**Cost** \$8 at door

**Bookings** required, LWF Facebook event

**Enquiries** 6628 2059 / 0437 272 532

**Web** [www.beinspirednutrition.com.au](http://www.beinspirednutrition.com.au)

**For** women, mums, carers, teenagers. Kids welcome, but no running about.

**Bring/Info** Notebook & pen

**Access** Wheelchair accessible and toilet

## Pregnancy, Mums & Bubs (pre-crawlers) Yoga

10.30 - 11.30, Sunday 3 March

Laura Shaz

**YWCA Auditorium**

**101a Rous Rd, Goonellabah**

Stretch, Breathe and Relax with mums-to-be and mums in a gentle yoga practice. Laura Shaz is a yoga teacher, massage therapist and mum who practices Aware Parenting. She incorporates meditation, breathing, yoga positions, relaxation and mindful communication.

**Cost** Free

**Bookings** 0415 533 311, [ljspeace@gmail.com](mailto:ljspeace@gmail.com)

**Web** [www.ljspeace.com](http://www.ljspeace.com)

**For** Pregnant women, mums, pre-crawler babies, all levels welcome

**Access** contact Laura

## Bach flowers for emotional wellbeing

12.15pm - 2.00pm, Sunday 3 March

Fiona Maunder

**YWCA Training Room**

**101A Rous Road, Goonellabah**

Experience how Bach Flowers can assist our emotional wellbeing, restoring balance between body, mind and emotions. From fear, worry, indecision, over concern, frustration to equilibrium, allowing peace, happiness and healing. Learn the twelve healers and create your own remedy to take home. Fiona is a long term local Naturopath/Herbalist.

**Cost** \$18 at door

**Bookings/** [stonychuteherbals@gmail.com](mailto:stonychuteherbals@gmail.com)

**Enquiries** 0447 067 159

**Web** [www.stonychute.com.au](http://www.stonychute.com.au)

**For** All over 18 years, supervised kids

**Bring** Bring water bottle, hat if we sit outside

**Access** Wheelchair accessible and toilet



# Jump through legal hoops: hoop dance workshop

12.30pm - 2.00pm, Sunday 3 March

Northern Rivers Community Legal Centre Inc

**YWCA Auditorium**

**101a Rous Rd, Goonellabah**

A hoop dance workshop suitable for all skill levels. Complete a simple but invigorating hoop dance flow based on the steps required to access justice. Karin Ness who is an experienced community legal educator with the Northern Rivers Community Legal Centre will be assisted by the Nimbin Hoop Jam crew.

**Facilitator** Karin Ness

**Cost** Free

**Enquiries** 6621 1000 or 0447426 021

**For** All, including kids

**Bring** Water bottle, runners or other flat comfortable shoes, non-flowing clothing. Hoops provided.

**Access** Wheelchair accessible and toilet

## Stress Management Workshop

2.30pm - 4.00pm, Sunday 3 March

Inner Knowing and Wellness Coaching

**YWCA Training Room**

**101a Rous Rd, Goonellabah**

This is an interactive workshop with a mix of scientifically proven facts, worksheets, discussion and stress management practices such as different types of mindful meditations that can be incorporated into your everyday. I am a nutritionist, health and wellness coach as well as a very passionate stress management consultant.

**Facilitator** Celestine Fedley

**Cost** \$8 at the door

**Bookings** 0415 429 276, facebook event

**Web** [www.celestinefedley.com](http://www.celestinefedley.com)

**For** All, except young children

**Bring** water bottle & loose comfortable clothing

**Access** Wheelchair accessible and toilet

## Dance Theatre & Creative Play Workshop

2.30pm - 4.00pm, Sunday 3 March

Joy Theatrix

**YWCA Auditorium**

**101a Rous Rd, Goonellabah**

An inclusive, empowering and fun workshop. This is your chance to play! No dance or theatre experience needed. Katie is a tutor & support for Sprung!!, so can adapt activity to suit varying needs.

**Facilitator** Katie Cooper-Wares

**Cost** Free

**Enquiries** 0478 152 881

[katiecooperwares@gmail.com](mailto:katiecooperwares@gmail.com)

**For** All ages and abilities

**Bring** Water & comfortable clothing to move in

**Access** Wheelchair accessible and toilet

# Stand Up Comedy Night

7.30pm - 9.30pm, Sunday 3 March

Larry Laughs Loud

**Lismore Workers Club**  
**Keen Street**

All female stand up comedy featuring Bev Killick and supported by Mel Buttle & Ting Lim. Also starring local performers Maire Barron, Lisa Walmsley, Grace Hogan & Lisa Sharpe! Hosted by Vanessa Larry Mitchell from 'Larry Laughs Loud' comedy club.

**Facilitator** Vanessa Larry Mitchell

**Cost** \$30 - tickets at the club

**Bookings** Lismore Workers Club website or

**Enquiries** 0413 558 200 (Vanessa)

**Web** [www.lismoreworkers.com.au](http://www.lismoreworkers.com.au)

**For** All 18+

**Access** Wheelchair accessible and toilet

## Monday 4th March

### Breastfeeding and returning to work/study

9.30am - 12.30pm, Monday 4 March

Australian Breastfeeding Association

**Fountain Room Lismore City Hall**  
**1 Bounty St**

A seminar: Discussion of work/life balance, childcare options, expressing and storing breastmilk, breast pumps, mixed feeding, Breastfeeding Friendly Workplaces and women's rights at work.

**Facilitator** Ros Fleetwood, ABA Counsellor

**Bookings** [abalismore@gmail.com](mailto:abalismore@gmail.com) or facebook

**Cost** Free entry for all. Free booklet for those who register.

**For** Carers of breastfed children planning to work/study. Babies in arms welcome. Mobile children: contact ABA.

**Info** Morning Tea provided

**Access** Wheelchair accessible and toilet

### Parenting by Emotionally Connecting to your Child

10.00am - 12.00noon, Monday 4 March

Interrelate

**Interrelate**  
**5 Anzac Close**

We will provide information about emotionally connecting to your child: practical strategies, attachment, brain development, human needs, children's needs and benefits across the lifespan. We will have experiential opportunities so that parents can try out ways to engage with their children.

**Facilitator** Belinda Keech & Julianne Davis

**Cost** Free

**Bookings/** Please ring 6623 2700

**Web** [www.interrelate.org.au](http://www.interrelate.org.au)

**For** All, but no kids

**Bring/Info** Plenty of parking

**Access** Wheelchair accessible and toilet



## Mindfulness and Wellbeing

12.00noon-1.30pm, Monday 4 March

Northern Rivers Community Gateway

**Northern Rivers Community Gateway**  
**76 Carrington St**

In this session we will have group discussions and experiential mindfulness exercises. We will investigate how we can apply mindfulness in a practical way to create a life of gentleness, fun, peacefulness and empowerment. Peta has over 15 years experience in the practice of mindfulness and enjoys exploring all aspects of wellbeing.

**Facilitator** Peta Wright

**Cost** Free

**Bookings/** 6621 7397 ext. 102

**Enquiries** [assessment@nrcg.org.au](mailto:assessment@nrcg.org.au)

**For** All women. Children are welcome if they can participate or be self-contained.

**Bring/Info** Wear comfortable clothing. Herbal tea provided. Parking on road.

**Access** Wheelchair accessible and toilet

## Body Connection through Movement, Meditation

6.00pm - 9.00pm, Monday 4 March

Michelle Walker Coaching

**YWCA Auditorium**  
**101A Rous Rd, Goonellabah**

This 3 hour workshop is aimed at helping women of all ages embrace the inherent beauty and unique qualities of their body. Movement, creativity and mindfulness activities are combined to enable participants to change their connection and develop a more heartfelt relationship with their bodies.

**Facilitator** Michelle Walker & Martha Regnault

**Cost** Gold coin donation

**Bookings/** 0407 119 795 or

**Enquiries** [michelle@michellewalker.com.au](mailto:michelle@michellewalker.com.au)

**Web** [www.michellewalkercoaching.com](http://www.michellewalkercoaching.com)

**For** Women 16 years and over

**Bring/Info** Water bottle, comfortable clothing as we will be moving around. Painting apron or clothes you don't mind getting paint on.

**Access** Wheelchair accessible and toilet.

## Tuesday 5 March

### Kundalini Yoga for Women

6.30am - 7.30am, Tuesday 5 March

Siri Shakti Kaur

**Mandala Garden Yoga & Wellness**  
**161 Dawson Street, Girards Hill**

Kundalini Yoga is a complete practice for mind, body and spirit. As women, often we have lost our connection to the Divine Feminine, that which gives us our true power from within. Siri Shakti will lead a woman focused class to connect you to the Divine flowing energy of your inner Shakti, the true Goddess within.

**Cost** \$10-\$15 cash at the door

**Bookings/** 0431 094 483 or

**Enquiries** [sirishaktiyoga2@gmail.com](mailto:sirishaktiyoga2@gmail.com)

**Web** [sirishaktiyoga.com.au](http://sirishaktiyoga.com.au)

**For** Women identifying

**Bring** water bottle, comfy clothes

**Access** Ground level venue, accommodations can be made if known in advance

# Political Banner Making - Feminist Participatory Art

10.30am - 4.00pm, Tuesday 5 March

Tropical Fruits Inc.

**The Fruit Bowl**  
111 Phyllis Street, South Lismore

Women getting together to design, prepare and paint feminist banners, posters & decorative art works, for the Lismore International Women's Day event on Friday 8th March. Coordinator Chloe - a mistress of political art.

**Facilitator** Chloe Bardsley - women's movement elder

**Cost** Voluntary donation towards cost of materials.

**Enquiries** 0434 345 475 or 0448 876 536

**For** Women over 18

**Bring** Art materials, fabrics, esp. green, purple & white, acrylic paint. Snacks to share if you like.

**Info** Lunch provided.

**Access** Call numbers above

## Mums and Bubs Introductory Pole Fitness Class

10.00am - 11.00am Tuesday 5 March

Roxie Rose Burlesque

**Roxie Rose Burlesque and Pole Studio**  
126 Woodlark St, Lismore  
(behind ShopBaby)

Get fit, re-gain your confidence and tone and strengthen your body after baby. At Roxie Rose we have created a fun, dynamic course where you can bring along your child too!

Our instructor, Michelle, has been running these classes since mid 2018 and they continue to become more popular. Remember- you don't need to be fit to join in. Our purpose is to help get you there.

**Facilitator** Michelle Turner

**Cost** Free

**Bookings** RSVP facebook event or call

**Enquiries** 0422 659 423 or 0428 362 470

**For** Specifically for mums/female carers and their children

**Bring/Info** water bottle, towel, gym-type clothing (shorts/bike pants), bare legs make it easier to stick to the pole. No moisturiser on skin. Jewellery must be removed.

Park adjacent to studio in Crowther

**Access** No wheelchair access

## Feminist Approaches to Mental Health & Wellbeing

9.30am - 2.00pm Tuesday 5 March

Lismore Women's Health & Resource Centre

**Lismore Women's Health & Resource Centre,**  
60 Uralba Street  
(up hill from Hunter Street roundabout, next to Lismore Base Hospital)

This small group workshop will explore feminist approaches to our mental health and wellbeing. It will focus on how we nourish ourselves and each other within the many complex environments impacting our lives. We will explore our own wisdoms using videos, discussion, creativity, rituals and develop wellness plans for our lives.

**Facilitators** Beth Cronin, Krsna Mayshack-Mendero

**Cost** Free

**Bookings** LWHRC / LWF Facebook page

**Enquiries** 6621 9800  
womenshealth@norwacs.org.au

**Web** www.lismorewomen.org.au

**For** Women 18 and over

**Bring/Info** Morning tea, light lunch provided

**Access** Wheelchair access & Wheelchair toilet



# Self Care for Caregivers

I love myself yoga

2.00pm - 4.30pm Tuesday 5 March

## Yemaya Centre, 115 Keen Street

(above gift and home ware store Shoppe 117, opposite Fundies).

Do you find it hard to really listen and be present with someone else's needs when you are stressed and tired? In this workshop we talk about finding balance, support and healthy boundaries, sharing tools to support you to be your authentic self with others and to have the space to respond, instead of react, to what life brings your way.

**Facilitator** Sam Voolstra

**Cost** \$20 cash at door

**Bookings** connect@ilovemysselfyoga.com.au

**Web** www.ilovemysselfyoga.com.au

**For** Women over 18 years

**Bring/Info** notebook/pen. Come 10 minutes before the start to settle in. Wear comfortable clothing . Free parking in car park behind the Regional Gallery.

**Access** A chair lift is available for stairs. No disability toilet.

# Introduction to Lawn Bowls

Lismore City Bowling Club

4.00pm - 6.30pm Tuesday 5 March

## Lismore City Bowling Club Molesworth St

Try out bowling in a relaxed setting, as the sun sets. A fun event for women, but also an opportunity to find out about the game. Women from the club will be there to give tips.

**Cost** Free

**Bookings** preferred, call or facebook page

**Enquiries** Gail 0406 966 868

**For** Women over 14 years of age

**Bring/Info** Bring a hat and flat shoes/barefeet. Drinks are available (licensed venue). No food please. Parking is available at the front of the club next to the memorial swimming pool.

**Access** Wheelchair access and toilet available, instructor if requested.

# Give yourself permission to rest

5.30pm - 6.30pm Tuesday 5 March

I love myself yoga

Yemaya Centre, 115 Keen Street, (above Shoppe 117, opposite Fundies)

iRest is a meditation practice that can provide you with tools to relax deeply, release stress, increase resilience and improve your relationship with yourself and others. It can make it easier to take in the good and welcome everything just as it is. It can give you the space to respond, instead of react, to whatever happens in your life. During the guided meditation you can sit or lay down in any way that is comfortable for you.

**Facilitator** Sam Voolstra

**Cost** By donation

**Bookings** connect@ilovemysselfyoga.com.au

**Enquiries** 0487 963 103

**Web** www.ilovemysselfyoga.com.au

**For** Women over 14 years

**Bring/Info** Comfortable clothing, eye bag/scarf (optional). Arrive 10 minutes early to settle in. Free car park behind the Regional Gallery.

**Access** A chair lift is available for stairs. No disability toilet.

# Feminist Film Screening and Panel Discussion

6.00pm - 9.00pm Tuesday 5 March

Northern Rivers Community Legal Centre

## Star Court Theatre

### Star Court Arcade, 126 Molesworth St

The Northern Rivers Community Legal Centre celebrates the launch of their intersectional Feminist Framework with a panel discussion about intersectional feminism and screening of the film 'Her Sound, Her Story' - a documentary about the experiences, histories and impacts of women in the Australian music industry. Community are invited to pre-send questions for the panel to joanna.colautti@northernriversclc.org.au

**Facilitator** Northern Rivers Community Legal Centre and Star Court Theatre

**Cost** \$15, \$13 conc, \$10 members, Cash,

**Enquiries** 6621 1008  
or Starcourt Theatre on 6625 5005

**Web** [www.starcourttheatre.com.au](http://www.starcourttheatre.com.au/events)  
events

**For** Open to all, film rated M

**Bring/Info** Doors open 5.30pm, refreshments available for purchase.

**Access** Auslan interpreter for panel. Not wheelchair accessible

# Art and Up-cycling: rag-weaving workshop

5.00pm - 7.00pm Tuesday 5 March

Lismore Library

## Lismore Library

### 110 Magellan street, Lismore 2480

Artist Claire Chatfield will teach you how to make your own basket or rug from rags in this workshop. A committed environmentalist she up-cycles her own and other artists' throw-outs into art and weaves baskets and rugs from fabric she finds in the streets and op shops. She has exhibited all around Australia and overseas.

**Facilitator** Claire Chatfield

**Cost** Gold coin donation

**Bookings** LWF facebook page

**Enquiries** 0413 378 366

**Web** <https://rtrl.nsw.gov.au/>

**For** All welcome

**Bring/Info** Tea, coffee & nibbles available for a gold coin donation. If you have spare rags please bring them.

**Access** Wheelchair access & toilet. Please call if you have special needs.

# Caring for the Whole Community – Gendered Experiences of Disaster

5.30 for 6.00pm - 8.30pm, Tuesday 5 March

Resilient Lismore - Lismore Helping Hands

## Lismore City Bowling Club

### Molesworth St

Two years after Cyclone Debbie, this panel will bring together a diverse group of women to discuss gendered experiences of disaster. Studies have shown that Family Violence increases, that it is often women who mobilise and that LGBTIQ people are disadvantaged. The panel will include local women and visiting academics from the 'Gender and Disaster Pod'.

**Facilitator** Cr Elly Bird

**Cost** Donations gratefully accepted

**Enquiries** 0423 927 415  
[lismorehelpinghands@gmail.com](mailto:lismorehelpinghands@gmail.com)

**Bookings** <https://www.eventbrite.com/e/caring-for-the-whole-community-gendered-experiences-of-disaster-tickets-55139714370>

**Web** Facebook: resilientlismore

**For** Everyone, kids supervised. Welcome to play bowls at earlier event.

**Bring/Info** Light supper provided

**Access** Wheelchair accessible and toilet.



# Wednesday 6 March

## Shamanic Rattle Crafting

9.30am - 2.00pm Wednesday 6 March

Melissa Hermann

### Red Moon Temple Slater St, Lismore

Magic happens when women come together in a safe space and craft. Sit in sacred circle and create a traditional rattle to keep. After, we will drum journey to connect with its spirit. Choice of woven or hide rattle. Rattles are valuable tools for healing, clearing space and connecting with inner worlds.

**Facilitator** Heidi Wedd & Melissa Hermann

**Cost** \$50

**Bookings** <https://wildflowerwalker.com/shamanic-rattle-making/>

**Enquiries** 0400 390 488

**Web** [www.wildflowerwalker.com](http://www.wildflowerwalker.com)

**For** Women over 15 years

**Bring/Info** Details given on registration

**Access** No wheelchair access.

## Reiki Reset

12.00noon - 1.00pm Wednesday 6 March

Yemaya Centre for Reiki & Wellbeing

### Yemaya Centre for Reiki & Wellbeing 115 Keen St (upstairs from Shoppe One17)

Feeling stress or nervous tension? Ready to clear and balance your energy field? Come and lie-down, melt deeply into the earth and allow yourself to receive the healing energy of Reiki. Leave and enter the world restored, refreshed and clear. Converted and the curious are all welcome!

**Facilitator** Reiki Master Teacher Helene Collard

**Cost** \$5 cash at door

**Bookings** LWF Facebook event

**Enquiries** 0405 656 797, facebook  
[yemayacentre@gmail.com](mailto:yemayacentre@gmail.com)

**Web** [www.yemayacentre.com.au](http://www.yemayacentre.com.au)

**For** All over 13 years

**Bring** intention to deeply relax

**Access** Wheelchair accessible but no wheelchair accessible toilet.

## Les Mills Barre – ballet based fitness class

5.30pm - 6.15pm, Wednesday 6 March

Summit Sports & Fitness Centre

### Summit Sports and Fitness Centre 791 Ballina Rd Goonelabah

Les Mills Barre uses repetitions of small ballet-inspired movements to strengthen your body and enhance your fitness. No dance background is required to enjoy the benefits of this exciting new program that is backed by the latest exercise science research. Come and surrender to your dance fantasy and feel the beautiful burn! Regular classes also Tuesday & Saturday at 9:15.

**Facilitator** Zoe Xanadu

**Cost** Free for Women's Festival week

**Enquiries** 6625 2025 (Summit),  
0406 787 847 (Zoe)

**Web** [summitcentre.com.au](http://summitcentre.com.au)

**For** Women over 16

**Info** Creche available weekday mornings

**Bring** Water bottle, socks, sweat towel

**Access** Wheelchair friendly but no designated toilet

# Lesbian, Bisexual and Queer Women's Wellbeing: What does local research tell us?

5.30pm - 8.30pm, Wednesday 6 March

ACON Northern Rivers

**CWA Tea Rooms, Spinks Park  
Moleworth St**

Join us at the CWA TeaRooms to unpack important health & wellbeing issues for lesbian, bisexual and queer women in our region. Launching the 2018 NorthernRivers and MidNorth Coast SWASH Survey Report, Dr Julie Mooney-Somers will be presenting a snapshot of local LBQ womens' health. Live music, delicious dinner, giveaways, stalls & more!

**Facilitator** Dr Julie Mooney-Somers

**Cost** Free

**Enquiries** 6622 1555

**For** Lesbian, bisexual, queer women

**Access** Auslan interpreter available upon request, email [elampis@acon.org.au](mailto:elampis@acon.org.au) by 26 February. Wheelchair accessible, call ACON for clarification.

## Thursday 7 March

### Introduction to Essential Oils

9.45am - 10.45am, Thursday 7 March

Jennifer McKay

**Interrelate, Ground Floor  
5 Anzac Close, Lismore**

You will leave this workshop with an understanding of how simple it is to integrate essential oils into your life and reap the natural health and wellbeing benefits they offer us all. Each attendee will take home some essential oil samples.

**Cost** \$5 cash at door

**Bookings/** 0448 076 439

**Enquiries** [essential2thrive@gmail.com](mailto:essential2thrive@gmail.com)

**For** Open to all

Breastfeeding infants welcome

**Bring/Info** Notepad and pen, water bottle.  
Essential oils available for purchase.

**Access** Wheelchair accessible

### Pelvic Flexibility Workshop

10.00am - 12noon, Thurs 7 March

Family Support Network Inc

**Dynamic Yoga rooms  
142 Keen Street, Lismore**

A two-hour workshop for mothers, focusing on gentle pelvic, spine and core body exercises to assist with their posture, movement, flexibility and wellbeing. Martha is a yoga, pilates and Qigong teacher of many years.

**Facilitator** Martha Regnault

**Cost** Free

**Bookings** essential

**Enquiries** Call Family Support Network  
6621 2489

**For** Mums, no kids. Child minding available offsite - if required please advise upon booking

**Bring** clothing suitable for yoga, water bottle

**Access** No wheelchair access

# Emotions and Essential Oils

11.00am - 12noon, Thursday 7 March

Jennifer McKay

**Interrelate, Ground Floor  
5 Anzac Close**

Discover how essential oils can positively impact mood and emotions! In this workshop you will be guided to uncover limiting beliefs and learn how to listen to your authentic voice with the support of oils. Each attendee will make and take home their own emotionally supportive signature essential oil blend.

**Cost** \$5 cash at door

**Bookings/E** 0448 076 439

**nquiries** essential2thrive@gmail.com

**For** 16 years & above

**Bring/Info** Notepad and pen, water bottle.  
Essential oils available for purchase.

**Access** Wheelchair accessible. Call Interrelate for clarification

## Family Law-practical tips to manage issues

12.30pm - 2.00pm Thursday 7 March

Interrelate

**Interrelate, Ground Floor,  
5 Anzac Close**

This information and chat session aims to support and inform women in relation to how the family law system works, and how referrals can be put in place to support families. There will be time at the end for individual support on specific issues.

**Facilitator** Tracey Mickley & Mediation Team

**Cost** Free & lunch provided

**Bookings** please phone 6623 2700

**Web** www.interrelate.com

**For** All women, no kids

**Bring/Info** Parking available

**Access** Wheelchair accessible. Call Interrelate for clarification

## Mindfulness, pain relief and joy

2.30pm - 4.00pm, Thursday 7 March

Shakti Burke

**Interrelate, Ground Floor,**

Bring your aching body sweet relief. Slow and gentle movements will breathe us into tight spots as we learn a technique for transforming pain and discomfort. Marinating afterwards in our new discoveries is the icing on the cake, in this session led by Kyogle's Shakti Burke with over 30 years as a yoga and meditation mentor.

**Cost** Free

**Enquiries** 0466 014 743 or 6633 3208  
joyfulmind108@gmail.com

**Web** www.joyfulmind.net.au

**For** All, supervised kids

**Bring/Info** loose comfortable clothing, yoga mat

**Access** Wheelchair accessible. Call Interrelate for clarification

# Lesbians 60 and over Talking Circle

3.00pm - 5.00pm, Thursday 7 March

Lismore Women's Health and Resource Centre

**Slate Café**

**Lismore Regional Gallery, 11 Rural St**

An opportunity for lesbians 60 and over to have a relaxed discussion about our lives - the joys, challenges, our herstories, our aspirations and things we'd like to do and see. Gentle facilitation, safe and supportive, humour and more!

**Facilitator** Lavender

**Cost** Free

**Enquiries** 0448 876 536

**For** Women only, aged 60 and over

**Bring/Info** Water, hat and attitude. Afternoon tea provided

**Access** Wheelchair accessible and toilet

## Panel: Harassment of Women and Feminism

5.30pm - 7.00pm, Thursday 7 March

Lismore Women's Health and Resource Centre

**Studio Underground, Ground Floor**

**Northern Rivers Conservatorium**

(enter from rear carpark)

Discussion panel addressing what has been done to address the harassment of women, the role of Feminism in society and where to from here. The discussion will not involve personal story-telling by audience members.

**Facilitator** Deb Woodbridge

**Cost** Donations gratefully accepted

**Enquiries** 0400 954 906

**For** All

**Info** Slate Café will be open, licensed

**Access** Wheelchair accessible and toilet

## Resilience and Remembrance Vigil: honouring victims and survivors of domestic violence

7.00pm - 8.00pm, Thursday 7 March

Rekindling The Spirit

**Lismore Quadrangle**

**cnr Keen & Magellan Sts**

A guest speaker will give a talk on her life after domestic violence as well as words of encouragement and hope. Participants will be invited to lay purple tea candles inside a purple ribbon in honour of victims/survivors of domestic violence. Laura is a proud Gomerioi woman living in Bundjalung nation, a mother and grandmother.

**Facilitator** Laura Copeland

**Enquiries** 6622 5534

**For** All women with children and teenagers up to 18

**Bring/Info** Finger food available. Slate Café & bar open for purchasing food and drinks. Bring water bottle.

**Access** Wheelchair accessible and toilet



# Friday 8 March - International Women's Day!

## How to Stay Sane Parenting after Separation

10.00am - 11.30am, Friday 8 March

Argyll FDRP

**Lismore Women's Health & Resource Centre,  
60 Uralba Street**

(up hill from Hunter Street roundabout, next to Lismore Base Hospital)

Three top tips to survive when communicating with the father of your children is crazy making. Stay sane as you navigate single motherhood. Learn about why you blow up and what to do. Especially for separated parents who are having trouble communicating and want to reduce the arguments and get on with parenting.

**Facilitator** Tess Dellagiacoma

**Cost** \$5

**Bookings/** tess.dellagiacoma@gmail.com

**Enquiries** 0448 837 372

**Web** www.argyllfdrp.com.au

**For** Single mothers, women interested in decreasing conflict. Unsuitable for kids.

**Bring** Questions, experiences

**Access** Wheelchair accessible and toilet

## Healthy Kids Lunches

10.00am - 10.45am, Friday 8 March

Empowered Nutrition

**Studio Underground, Ground Floor  
Northern Rivers Conservatorium**

Do you struggle with what to put in your kids' lunchboxes? Do you find they're coming home starving? Do you hear that they're not focused at school? Everyone who attends will receive a free ebook filled with great recipes to get you started.

**Facilitator** Katie Dillon

**Cost** Free

**Enquiries** 0412 197 912

**Web** www.empowerednutrition.com.au

**For** All, kids welcome

**Access** Wheelchair accessible and toilet

## Sugar - how it's harming you and how to avoid it

11.00am - 11.45am, Friday 8 March

Empowered Nutrition

**Studio Underground, Ground Floor  
Northern Rivers Conservatorium**

(enter from rear carpark)

Are you in control of your sugar consumption or is it controlling you? Are you suffering from sluggishness, irritability, anxiety or brain fog? Struggling to lose weight? Constantly hungry? It might be time to give up sugar! Come along and learn what sugar is doing to you and how to start removing it from your diet.

**Facilitator** Katie Dillon

**Cost** Free

**Enquiries** 0412 197 912

**Web** www.empowerednutrition.com.au

**For** All, kids welcome

**Access** Wheelchair accessible and toilet

# International Women's Day Rally

12noon - 2.00pm, Friday 8 March

**Lismore Quadrangle**  
**11 Rural Street, Lismore**

A gathering to celebrate the 110th International Women's Day!  
An event to address all kinds of issues, bring women's interests into the public arena and to enjoy yourselves with other women. Activities will include speakers, music and entertainment, a symbolic march with banners and more.

**Facilitator** Lavender and Deb Woodbridge

**Cost** Donations to cover costs

**Enquiries** Deb- 0400 954 906  
Lavender- 0448 876 536

**For** All, kids welcome

**Bring/Info** Dress in purple, green and white. Bring flowers (purple, green and white), water bottle, hat, banners and loud voices!

**Access** Wheelchair accessible and toilet

## What is This Thing Called Feminism?

2.00pm - 4.00pm, Friday 8 March

**Event Space (ground floor)**  
**Lismore Regional Art Gallery**

Jenny Dowell OAM will chair a multi-generational panel of women speaking about the personal and political aspects of feminism, diversity, women's empowerment, expanding roles, sexuality, challenges to equality and more.

**Lismore Women's Health & Resource Centre**

**Facilitator** Lavender

**Cost** Free

**Enquiries** 0448 876 536

**For** All, including kids

**Bring** Positive attitudes

**Access** Wheelchair accessible and toilet

## Mindful Self-Compassion for Women

4.00pm - 6.00pm, Friday 8 March

**Studio Underground**  
**Northern Rivers Conservatorium**  
(enter from rear carpark)

Mindful self-compassion is a courageous attitude that stands up to harm, including the harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption. Self-compassion provides emotional strength, allowing us to be more authentically ourselves. The workshop will include meditation exercises and embodied practices of MSC. Kate is a MSC-trained teacher and compassion-focused psychotherapist.

**Facilitator** Kate Mutimer

**Cost** Free

**Bookings** essential

**Enquiries** 0408 746 745

**For** Women over 18 years of age  
Infants welcome

**Bring/Info** Water bottle, cushion, yoga mat for meditations

**Access** Wheelchair accessible

# Healing Vibrations Sound Bath

6.00pm - 7.30pm, Friday 8 March

Siri Shakti Kaur

## Mandala Garden Yoga & Wellness

161 Dawson Street Girards Hill

Sound is the healer of the Aquarian Age. Come try some gong yoga before relaxing into a higher sound immersion. Siri Shakti uses the healing vibrations of gongs and singing bowls, combined with chimes and voice to create a deeply healing experience.

**Cost** \$5

**Bookings** sirishsaktiyoga2@gmail.com

**Enquiries** 0431 094 483

**Web** Facebook: sirishsaktiyoga

**For** Everyone, accompanied children

**Bring/Info** Water bottle, cushion, blanket. Snacks to share afterwards appreciated.

**Access** Ground level venue, accommodations can be made if known in advance

# What She Said: Exhibition Opening

6.00pm - 9.00pm, Friday 8 March

Serpentine Gallery

## Serpentine Gallery

17 Bridge Street North Lismore

Join us for a night of art, music and wine. "What She Said" is an exhibition of the creative expressions of women in our region. Exhibition runs until 1st April.

**Facilitator** Serpentine Gallery

**Cost** Free

**Enquiries** 6621 6845

**Web** www.serpentinearts.org

**For** All welcome, all ages

**Bring** Your friends!

**Access** Wheelchair accessible only

# Eating Eve's Curse

7.00pm - 11.00pm, Friday 8 March

Supported by Northern Rivers Conservatorium

## Lismore City Bowling Club

Spinks Park Lismore

A night of original music performed and written by women, sponsored by the Northern Rivers Conservatorium. It features: Sara Tindley, Sarah Stando, Claire Charlotte, Karen Hanna, Salt and Steel (Gold Coast), Dirt Road Days (Wollongong) and Liora Claff with Jayme Taylor (bass) and Acrobat Louberry (Gold Coast) and more.

**Facilitator** Clare Chatfield

**Cost** \$20 full, \$15 conc.

**Bookings** via LWF facebook event

**Enquiries** 0413 378 366

**For** All adults, 18 and over

**Bring/Info** Drinks and nibbles at the bar.

**Access** Wheelchair accessible. Call Clare if special support is needed.

## Saturday 9 March

### Freeing Up Your Mind with Abstract Art

10.00am - 200pm, Saturday 9 March

Robyn Saurine

#### Lismore Art Space 1 Norris St

Visual artist Robyn Saurine will guide participants through an art-making process that will help them understand the language of abstraction. Discover how paintings can emerge from simple beginnings using marks, colour, texture and mixed media techniques; allowing you to express your emotions, capture your mood and make marks on the canvas without fear.

**Cost** \$50

**Bookings** [www.robynsaurine.com/bookings](http://www.robynsaurine.com/bookings)

**Enquiries** 0401 450 501

**Web** [www.robynsaurine.com](http://www.robynsaurine.com)

**For** Anyone 12 years and above

**Bring/Info** water bottle, clothes/apron to paint in. Eat the Street will be nearby after the workshop.

**Access** Check with presenter/venue.

### Workshop: Empowering Women through Theatre

2.00pm - 4.00pm, Saturday 9 March

Public Act Theatre

#### YWCA Auditorium 101a Rous Rd, Goonellabah

This is a workshop where women will have the opportunity to improvise, play, dance, speak and write and also perform.

**Facilitator** Phillipa Williams/Frauke Huhn

**Cost** \$20

**Bookings** website or facebook event

**Enquiries** 0422 882 319

**Web** [www.publicacttheatre.com](http://www.publicacttheatre.com)

**For** All women over 16

**Bring/Info** Performance in evening, see below

**Access** Wheelchair accessible and toilet

### Wild Women in Life and Work

2.00pm - 4.00pm, Saturday 9 March

Wild Success Australia

#### Northern Rivers Conservatorium Underground Studio cnr Keen and Magellan St Lismore

A hands-on workshop exploring the six components of success. Take a deep dive in to your strengths, values and message to communicate clearly to your audience. Attract more of your dream clients and speak with power in a soul centered way when delivering projects.

**Facilitator** Lizzie Mould

**Cost** \$10 online

**Bookings** [www.lizziemould.com/events](http://www.lizziemould.com/events)

**Enquiries** [hello@gmail.com](mailto:hello@gmail.com)

**Web** [www.lizziemould.com](http://www.lizziemould.com)

**For** Women in business over 18

**Access** Wheelchair accessible and toilet



# Theatre Performance 'I am woman'

6.30pm - 7.30pm, Saturday 9 March

Public Act Theatre

**Rochdale Theatre**

**603 Ballina Rd, Goonellabah**

Performance Public Act Theatre brings together Lismore and Byron groups to present "I am Woman" culminating 9 weeks of Empowering Women Theatre coursework.

**Cost** \$15

**Bookings** webiste or facebook event

**Enquiries** 0422 882 319

**Web** [www.publicacttheatre.com](http://www.publicacttheatre.com)

**For** All

**Access** Check with presenter/venue.

# ROAR Women's Music Festival

5.00pm - 12midnight, Saturday 9 March

Slippery Sirkus

**Gollan Hotel**

**Cnr Keen & Woodlark Streets Lismore**

5-6 pm Panel on Women in Music

6-9 pm Artwomb-open stage &  
collaborative canvas

8-12 pm Music upstairs

Following last year's 'Women's Micro Music Festival' (TheArthouse), ROAR showcases local female acts, with an emphasis on original alternate work, singer/songwriters, instrumentalists, comedians, artists and poets. Supporting cultural development and equal opportunity. Supported by Women NSW.

**Facilitator** The Arthouse/ ArtWomb

**Cost** Presale \$15 plus booking fee or at door \$18

**Bookings** Tickets at the door or website

**Enquiries** 0402 353 423 or 0410 907 385

**Web** [roarwomensmusic.com](http://roarwomensmusic.com)

**For** All welcome

**Bring/Info** Before 9pm: all ages if children accompanied by an adult  
After 9pm: 18+ only

**Access** Wheelchair accessible including toilet downstairs



THANK YOU  
FOR  
COMING!!!!

start	end	Title of event	Venue	Contact	Bookings Required?	Page No.
<b>Friday 1st March</b>						
9.30am	1.30pm	The Power of Vision Boarding	Pearce's Creek Hall	0418 272 530	Yes	4
1pm	5pm	Ceramic Workshop	Silvercloud Studio	0427 053 846	Yes	4
6pm	8pm	Ayurvedic Ritual of Massage & Facial Care	Pearces Creek	0413 695 924	Yes	4
<b>Saturday 2nd March</b>						
10am	3pm	Official Opening Day	The Quad	0490 437 376	No	5
11am	3pm	Small Town Girl Photography Exhibition	Conservatorium Studio Underground	0415 202 279	No	5
11am and 1.30pm	12.30 pm & 3pm	Women in Harmony Vocal Workshop	Northern Rivers Conservatorium	6621 2266	Yes	5
12 midday	1pm	Women Talking with Refugees	Event Space, Gallery	0427 003 609	No	6
2.30pm	4.30pm	Peace Begins at Home (Domestic Violence)	Event Space, Gallery	6688 6214	No	6
3pm	5pm	Reclaiming your Power with Art Therapy	Serpentine Gallery	0403 613 898	Yes	6
6.00pm	12am	She-Rated Cabaret Night	NORPA Dance Studio	0418 438 396	No	7
<b>Sunday 3rd March</b>						
9am	12pm	Women in the Bush: respecting the past, creating the future	Slaters Ck Wetland	0438 408 050 0416 150 659	Waiting list only	7
10am	11.45 am	Children's Nutrition Workshop	YWCA Training Room	6628 2059 0437 272 532	Yes	8
10.30 am	11.30 am	Pregnancy, Mums & Bubs Yoga	YWCA Auditorium	0415 533 311	Yes	8
12.15 pm	2pm	Bach Flowers for Emotional Wellbeing	YWCA Training Room	0447 067 159	Yes	8
12.30 pm	2pm	Jump through legal hoops: Hoop dance workshop	YWCA Auditorium	6621 1000 0447 426 021	No	9

start	end	Title of event	Venue	Contact	Bookings Required?	Page No.
2.30pm	4pm	Stress Management Workshop	YWCA Training Room	0415 429 276	Yes	9
2.30pm	4 pm	Dance Theatre & Creative Play Workshop	YWCA Auditorium	0478 152 881	No	9
7.30pm	9.30pm	Stand Up Comedy Night	Lismore Workers Club	0413 558 200	Yes	10
<b>Monday 4th March</b>						
9.30am	12.30 pm	Breastfeeding and Returning to Work/Study	Lismore City Hall, Fountain Room	abalismore@gmail.com	Yes	10
10.00 am	12pm	Parenting by Emotionally Connecting to your Child	Interrelate	6623 2700	Yes	10
12pm	1.30pm	Mindfulness & Wellbeing	Northern Rivers Community Gateway	6621 7397 ext.102	Yes	11
6pm	9pm	Body Connection through Movement, Meditation and Creativity	YWCA Auditorium	0407 119 795	Yes	11
<b>Tuesday 5th March</b>						
6.30am	7.30am	Kundalini Yoga for Women	Mandala Garden Yoga & Wellness	0431 094 483	Yes	11
10.30	4pm	Political Banner Making, drop in any time	The Fruit Bowl	0434 345 475 0448 876 536	No	12
10am	11am	Mum's and Bub's Introductory Pole Fiitness Class	Roxie Rose Studio	Facebook, 0422 659 423 0428 362 470	Yes	12
9.30am	2pm	Feminist Approaches to our Mental Health & Wellbeing	Lismore Women's Health & Resource Centre	6621 9800	Yes	12
2pm	4.30pm	Self Care for Caregivers	Yemaya Centre	connect@ilovemyselfyoga.com.au	Yes	13
4pm	6.30pm	Introduction to Lawn Bowls for Women	Lismore City Bowling Club	0406 966 868	Pref	13
5.30pm	6.30pm	Give yourself permission to rest	Yemaya Centre	connect@ilovemyselfyoga.com.au	Yes	13



start	end	Title of event	Venue	Contact	Bookings Required?	Page No.
6pm	9pm	Feminist Film Screening and Panel Discussion	Star Court Theatre	6621 1008 6625 5005	No	14
5pm	7pm	Art and Up-cycling: Rag weaving workshop	Library	Facebook, 0413 378 366	Yes	14
5.30 for 6PM	8.30pm	Caring for the Whole Community - Gendered Experiences of Disaster	Lismore City Bowling Club	Eventbrite 0423 927 415	Yes	14
<b>Wednesday 6th March</b>						
9.30am	2pm	Shamanic Rattle Crafting	Red Moon Temple	0400 390 488	Yes	15
12pm	1pm	Reiki Reset	Yemaya Centre	0405 656 797	Yes	15
5.30pm	6.15pm	Les Mills Barre - ballet based fitness class	Summit Gym	6625 2025 0406 787 847	No	15
5.30pm	8.30pm	Lesbian, Bisexual & Queer Women's Wellbeing	CWA Tea Rooms	6622 1555	No	16
<b>Thursday 7th March</b>						
9.45am	10.45am	Introduction to Essential Oils	Interrelate	0448 076 439	Yes	16
10am	12pm	Pelvic Flexibility Workshop	Dynamic Yoga	6621 2489	Yes	16
11am	12pm	Emotions & Essential Oils	Interrelate	0448 076 439	Yes	17
12.30pm	2pm	Family Law-practical tips to manage issues	Interrelate	6623 2700	Yes	17
2.30pm	4pm	Mindfulness, pain relief and joy	Shakti Burke	0466 014 743 6633 3208	No	17
3pm	5pm	Lesbians 60 and over Talking Circle	Slate Cafe	0448 876 536	No	18
5.30pm	7pm	Panel: Harassment of Women and Feminism	Conservatorium Studio Underground	0400 954 906	No	18
7pm	8pm	Resilience and Remembrance vigil	The Quad	6622 5534	No	18



start	end	Title of event	Venue	Contact	Bookings Required?	Page No.
Friday 8th March - International Women's Day						
10am	11.30 am	How to Stay Sane Parenting after Separation	Lismore Women's Health & Resource Centre	0448 837 372	Yes	19
10am	10.45 am	Healthy Kids Lunches	Conservatorium Studio Underground	0412 197 912	No	19
11am	11.45 am	Sugar - How it's harming you and how to avoid it	Conservatorium Studio Underground	0412 197 912	No	19
12pm	2pm	International Women's Day Rally	Quad	0400 954 906 0448 876 536	No	20
2pm	4pm	What is this thing called Feminism?	Lismore Regional Gallery	0448 876 536	No	20
4pm	6pm	Mindful Self-Compassion for Women	Conservatorium Studio Underground	0408 746 745	Yes	20
6pm	7.30pm	Healing Vibrations Sound bath	Mandala Garden Yoga & Wellness	0431 094 483	Yes	21
6pm	9pm	What She Said: Exhibition Opening	Serpentine Community Gallery	6621 6845	No	21
7pm	11pm	Eating Eve's Curse	Lismore City Bowling Club	Facebook 0413 378 366	Yes	21
Saturday 9th March						
10am	2pm	Freeing Up Your Mind with Abstract Art	Lismore Art Space	0401 450 501	Yes	22
2pm	4pm	Workshop: Empowering Women Through Theatre	YWCA Auditorium	Facebook 0422 882 319	Yes	22
2pm	4pm	Wild Women in Life and Work	Conservatorium Studio Underground	www.lizziemoult.com/events	Yes	22
6.30pm	7.30pm	Theatre Performance 'I am woman'	Rochdale Theatre	0422 882 319	Yes	23
5pm	12 mid night	ROAR Women's Music Festival	Gollan	0402 353 423 0410 907 385	Web	23

Big thanks to our supporters and helpers

**THE Northern Star**

**Lismore** *echo*



Northern Rivers Community Gateway



**Siri Shakti Yoga**

### **Volunteers - Thankyou!**

Sheriden Keegan

Ryley Woods

Mandy Lisson

And to all those who  
lend a hand, making, setting up,  
packing up, and being there.