



# Youth Holiday Programme 3 - 19 April from 14 years old

**Self-Defence Workshop**  
Day: Thursday 9 April  
Time: 10 am - 2 pm  
Cost: \$10



**Recycled Denim: make a phone bag**  
Day: Tuesday 7 April  
Time: 12 - 1:30 pm  
Cost: \$10

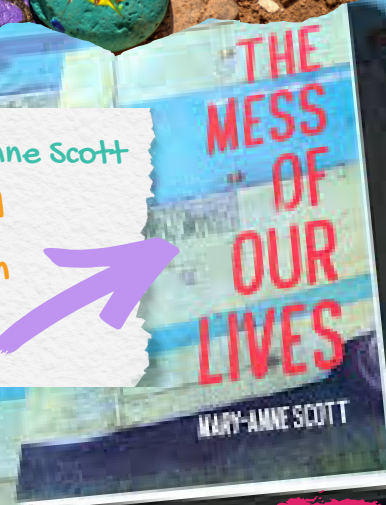


**Rock painting workshop**  
Day: Thursday 16 April  
Time: 10 am - 12 pm  
Cost: \$5



perfect

**Meet the Author: Mary-Anne Scott**  
Day: Thursday 16 April  
Time: 10:30 am - 12 pm  
Cost: \$5



**Cardmaking Workshop**  
Day: Tuesday 14 April  
Time: 10:30 am - 12:30 pm  
Cost: \$5



**Resin Keyring**  
Day: Wednesday 8 April  
Time: 11 am - 12:30 pm  
Cost: \$15



**Cooking Class: make a dhal**  
Day: Wednesday 8 April  
Time: 11 am - 12:30 pm  
Cost: \$5



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Looking for something fun, creative, and screen-free these holidays? Our Holiday Programme has something for every teen girl! Each session is designed to spark creativity, build confidence, and help teens connect with others. It's a welcoming, hands-on holiday experience where they can make beautiful things, learn new skills, and have a great time together. Please note: Teens under 16 must be accompanied by an adult; perfect for bonding with an older sister, mum, grandma, aunty, or another special woman in their life!

<p><b>Recycled Denim:</b>  <b>Make a phone bag!</b>  <b>Day: Tuesday 7 April</b>  <b>Time: 12 - 1:30 pm</b>  <b>Cost: \$10</b></p>	<p>Turn old denim into a unique phone bag in this fun, eco-friendly workshop! Learn simple sewing skills, explore sustainable fashion, and leave with a handmade, practical accessory. No experience needed—just bring your creativity!</p> <p>Facilitator: Kathy / Max: 7</p>	<p><b>Cardmaking Workshop</b>  <b>Day: Tuesday 14 April</b>  <b>Time: 10:30 am - 12:30 pm</b>  <b>Cost: \$5</b></p>	<p>Get creative in this fun workshop where you'll craft a personalised Mother's Day card using colourful papers and decorative elements. A relaxed, hands-on session to make something heartfelt for someone special.</p> <p>Facilitator: Liz / Max : 10</p>
<p><b>Resin Keyring</b>  <b>Day: Wednesday 8 April</b>  <b>Time: 11 am - 12:30 pm</b>  <b>Cost: \$15</b></p>	<p>Get creative with colour in this hands-on workshop where you'll design and pour your own custom resin keyrings. Play with shapes, glitter, dried flowers, and bold colours to make a unique accessory. A relaxed, fun session perfect for trying something new!</p> <p>Facilitator Helen / Max: 10</p>	<p><b>Rock painting Workshop</b>  <b>Day: Thursday 16 April</b>  <b>Time: 10 am - 12 pm</b>  <b>Cost: \$ 5</b></p>	<p>Unleash your creativity! In this colourful workshop, you will turn ordinary rocks into vibrant mini artworks using paint, patterns, and plenty of imagination. A relaxed, hands-on session that's all about creative expression and having fun with art—no experience needed!</p> <p>Facilitator: Deb / Max: 8</p>
<p><b>Cooking Class: Make a dhal</b>  <b>Day: Wednesday 8 April</b>  <b>Time: 11 am - 12:30 pm</b>  <b>Cost: \$5</b></p>	<p>Discover how delicious (and easy!) homemade dhal can be! In this cosy, hands-on cooking class, you will learn to cook a flavourful potato dhal from scratch—chopping, seasoning, simmering, and of course tasting your creation. A fun intro to cooking basics, spices, and simple, nourishing meals they can make again at home.</p> <p>Facilitator: Rizwaana / Max: 6</p>	<p><b>Meet the Author:</b>  <b>Mary-Anne Scott</b>  <b>Day: Thursday 16 April</b>  <b>Time: 10:30 am - 12 pm</b>  <b>Cost: \$ 5</b></p>	<p>Mary-Anne writes books for young adults. Her books have been recognised four times by the NZ Storylines Children's Literature Trust's Notable Book Awards and in 2023 she was awarded a Spring Residency with the Michael King Writers Centre to write her latest book, "The Mess of Our Lives." \$5</p>

**Self-Defence Workshop**  
**Day: Thursday 9 April**  
**Time: 10 am - 2 pm**  
**Cost: \$10**

Build confidence and learn practical skills every teen should have! This upbeat workshop teaches simple, effective self-defence techniques that help young people stay aware, set boundaries, and move confidently in everyday situations. A fun, energising session that gives teens tools they can truly use.

Facilitator: Brie / Max: 14



**Heretaunga Women's Centre**  
**corner of Eastbourne & Russell Streets, Hastings**

**To register, please contact the Centre:**  
**admin@hwc.nz**  
**06 878 5401**  
**or 020 408 56695**