

WOMANSPACE
yourguide™
FALL 2026-WINTER 2027

A circular mandala with a central 'W' logo, surrounded by concentric rings of decorative patterns and text. The text includes phrases like 'Be heard', 'Find your people', 'grow together', 'Share space', 'Build community', 'we're so glad you're here', 'Connect', 'Learn from one another', 'Create change', 'Be kind', 'Be curious', 'Be your self', 'empower', 'Make space', 'we're so glad you're here', 'Create', 'Collaboration', 'connect', 'emPOWER', 'inter connection', and 'transform your life'. The mandala is divided into sections by stylized floral and geometric patterns.

Connecting, empowering, creating and transforming our world – one woman at a time.

support our FUNdraisers

We love coming together at our fundraiser events – not just to raise support, but to celebrate our shared purpose and strengthen the community that makes everything we do possible. Please join us!

One ENCHANTED Evening

FRIDAY, SEPTEMBER 18, 5:00-8:30p
in the Womanspace Gardens (Rain or shine)

An evening of enchantment awaits in our gardens. Listen to the rich sounds of the **GINA MEEKS TRIO**, sample hors d'oeuvres from **ABREO**, and taste samples of wine provided by **ARTALE & CO.**, featuring Women in Wine. All proceeds & wine purchases benefit Womanspace.

TICKETS \$40/PERSON

RESERVE your non-refundable ticket by September 10



SAVE THE DATE

Friday, November 13, 5:30-8:30p

Experience the wonders of India with food, mocktails, music, dance, artistry, and more.

More details to come:

womanspace-rockford.org/events-and-exhibits



there's something about merry

Holiday Artisan Market

December 4-6

Fri. 1:00-7:00p

Sat. & Sun. 10:00a-4:00p

- Find handcrafted items
- Enjoy festive refreshments
- Support the local artists

Sponsored by



David M. Boccignone, ChFC*



SAVE THE DATE

Spring Luncheon Visionary Voices

with Jessica Oladapo, LCPC

Saturday, March 13, 2027

Regents Hall @ Rockford University

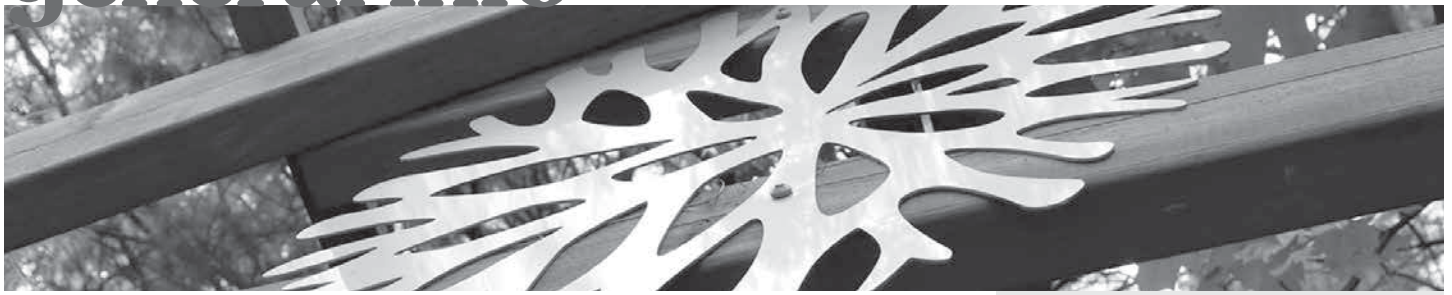


A fresh perspective on how we see ourselves—and one another. Join **sociologist and author Jessica M. Oladapo, LCPC**, for an inspiring conversation exploring a new way of understanding “imposter syndrome” and the social structures that shape our sense of self. Enjoy lunch, thoughtful conversation, a silent auction, and more – all supporting Womanspace!

womanspace-rockford.org/events-and-exhibits



general info



Mission & Philosophy Connecting, empowering, creating and transforming our world – one woman at a time. Womanspace offers programs to enhance the body, mind and spirit, with a focus in the creative arts, holistic health, interfaith exploration, and environmental stewardship.

Womanspace believes every woman is a spiritual being, having within her the potential for health, self-reliance, creativity, wisdom and responsible caring. By enhancing her potential, she enriches her own life, the life of her family, and the lives of others. Through the strong, healthy, self-development of each individual, the world we live in is made a stronger, healthier, and more peaceful planet.

Womanspace offers programs that stimulate awareness, develop competence, encourage creativity, and generate healthy decision-making. We provide support that offers honesty, compassion, challenge, and spiritual growth. Womanspace works cooperatively with others, striving for collaborative partnerships in our endeavors.

History Womanspace was co-founded in 1975 by Dorothy Bock and Elaine Hirschenberger, members of the School Sisters of St. Francis. The Center is governed by a volunteer Board of Directors in cooperation with the Executive Director. The seven-acre campus includes two art studios, an outdoor pavilion, a yoga studio and library, galleries, beautiful gardens and a labyrinth. Womanspace is a not-for-profit 501(c)(3) organization.

Accessibility A ramp is available in the garage for access to the offices and events in the Loretta & William Reif Gallery. The Yoga Studio is currently accessible only to those who can walk stairs. New Dimensions (ND) Upper Studio is fully accessible. The Clay Studio has a chair lift.

Hours Office hours are Monday-Thursday, 10:00a-5:00p. Classes are scheduled at various hours, seven days a week. Our gardens, labyrinth and campus are open to the public everyday during daylight hours, unless there's an event.

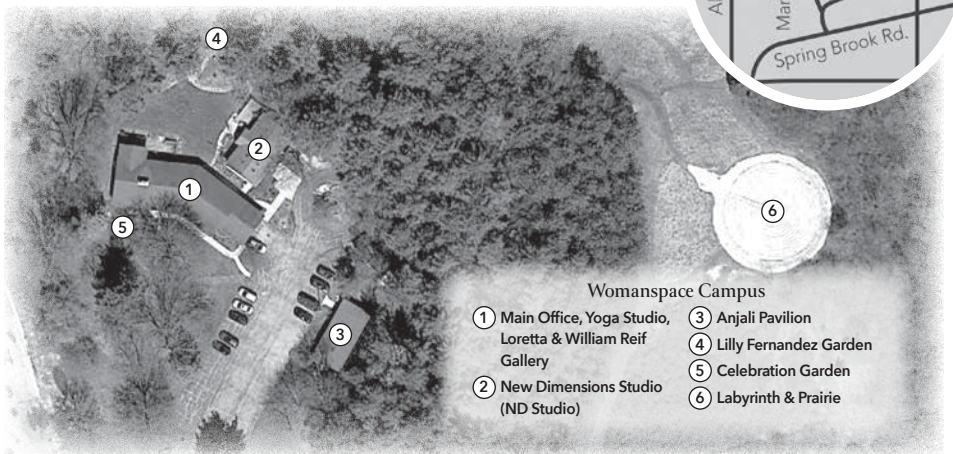


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Womanspace reserves the right to use photographic images taken at programs, events and classes for promotional purposes.

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Cover: *You Belong* by Nicole Landreth. Where do you feel a sense of belonging? What helps you feel seen, heard, and connected? Where might you create a little more space – for yourself, for someone else, or for a new connection? Take a moment to notice. And remember, **YOU** belong here.

Feel free to color it whenever you would like. It's perfect for self-meditation. Maybe you'll want to share it on social media!

from the executive director



Dear Friends,

There's something I keep coming back to lately as I think about Womanspace and the world around us: **people are hungry for connection.**

Not surface-level networking. Not simply more things to attend or consume. Real connection. Spaces where we can show up as we are, feel welcomed, feel seen, share honestly, learn from one another, create together, and remember what it feels like to belong – **and belonging matters.**

Across our lives, our need to feel connected to other people is fundamental to our well-being. From a developmental perspective, relationships and a sense of belonging help shape how we understand ourselves, build confidence, navigate change, and develop resilience. Socially, belonging gives us something just as important: a sense that we have a place in the world and that our presence matters to someone beyond ourselves.

We don't outgrow that need. Children need it. Teenagers need it. Adults need it. Seniors need it. We need it when we are finding our way, when we are celebrating, when we are grieving, when we are starting something new, and sometimes simply when we need to be reminded that we are not alone.

Belonging and connection have always been at the heart of Womanspace, and our spaces reflect that. Most of our indoor spaces are actually quite small. They were never designed for huge crowds. Over time, I've come to see the smallness as part of their strength. Small groups create room for honesty, vulnerability, creative exploration, and conversations where people actually get to know one another instead of simply sitting beside each other.

At the same time, our campus gives us room to expand outward – through the pavilion, the forest, the gardens, and the prairie. Our campus, community events and gatherings invite more people into the circle.

There is something special about that balance: spaces intimate enough to foster genuine connection, and a campus expansive enough to welcome people in many different ways.

I hope that is one of the gifts Womanspace can offer at a time when so many people are looking for places to belong.

You don't have to arrive here knowing anyone. You don't have to have a particular background, belief, experience, or reason for being here. You can come to learn something, make something, meet someone, sit quietly, share a conversation, walk the grounds, attend an event, or simply see what this place is about.

And perhaps, somewhere along the way, you find a familiar face. A new friend. A creative spark. A conversation that stays with you. A place where you feel a little more at home.

That invitation to connection extends beyond our campus, too.

We're continuing to explore what partnerships across our community can mean – bringing together local businesses, artists, educators, wellness practitioners, community leaders, and organizations that share an interest in creating a healthier, more connected community. Not simply working alongside one another, but finding meaningful ways to connect people, ideas, resources, and opportunities.

Why? Because we rarely thrive in isolation. We are part of a larger community, and our strength comes in part from the relationships we build within it. I believe there is something deeply hopeful in creating places where people can come together across differences and discover what they share. Places where creativity can open a conversation, curiosity can replace assumption, and connection can remind us that we are part of something larger than ourselves. That is the kind of belonging I hope you continue to find here.

Whether you have been part of Womanspace for decades or are just discovering us for the first time, there is a place for you here.

Thank you for being part of this community – and for helping make it a place where others can belong, too.

Nicole Landreth, Executive Director

Land Acknowledgement

Womanspace acknowledges that our beautiful campus sits upon land once inhabited by the First Nation Peoples of the woodland tribes, including eight indigenous nations with historical ties to this region of Rockford – the Winnebago (Ho Chunk), the Kickapoo, Potawatomi, Sauk, Meskwaki, Miami, Peoria, and Sioux. When guests come to visit our campus, we invite them to take a moment of silence to honor both the land and the First Nation Peoples who cared for and preserved it. We strive to be intensely connected to nature and at peace with this beautiful land.

We recognize that the First Nation Peoples were forcibly removed from these lands that were their traditional birthright, that they faced centuries of struggle for survival and identity in the wake of that dispossession. We regret the ways our society has erased their stories and cultures. We ask for wisdom in sharing and fostering greater understanding and celebration of indigenous communities in Illinois.

volunteerism



Find Your Place at Womanspace

There are many ways to be part of the Womanspace community – and volunteering is one of them. Whether you have an hour to help at an event, a few hours each month to care for our campus, a creative skill to share, or simply want to be more connected to what's happening here, there is a place for you.

We're making it easier to find that place. Through our new volunteer system, you can explore a growing range of volunteer opportunities and let us know what interests you. Some opportunities are ongoing, while others are one-time events, special projects, or occasional requests. You can choose what fits your time, interests, and skills.

Our hope is that volunteering feels like an invitation to belong. The relationships we build, the spaces we care for, and the experiences we create together are what make Womanspace a community.

Interested in finding your place? Visit our Volunteer page to explore current opportunities and get involved.



Board of Directors

Catherine Forslund, *President*
Katrina Olson, *Vice President*
Denise Osadjan, *Treasurer*
Marsha Hosfeld, *Secretary*
Tina Hallberg
Mary Jo Hare
Cristi Hopp Kniess
Sallyann Roberts
Usha Sundaram
Linda Tyler
Nicole Landreth, *Ex Officio*

Staff

Nicole Landreth, *Executive Director*
Pat Lai, *Designer/ Dir. of Operations*
Cherie Heck, *Bookkeeper*
Alondra Lavariega, *Program Director*
Denise Colin, *Marketing Director*
Elaine Hirschenberger, *Director Emerita*

Committee Chairs

BloomFest Committee

Audrey Falzone,
audreyfalz99@gmail.com

Experience India Committee

Usha Sundaram,
usha@usarchitectpc.com

Facilities Committee

Pat Lai, pat@womanspace-rockford.org

Gallery Committee

Cherie Heck,
cherie@womanspace-rockford.org

Grounds Committee

Anne Godin, agodin7733@aol.com

Glitzzy Garage Sale Committee

Elaine Hirschenberger,
elaine@womanspace-rockford.org

Membership Committee

Katrina Olson,
kmoson257@gmail.com

Scholarship Committee

Elaine Hirschenberger,
elaine@womanspace-rockford.org

Spring Luncheon Committee

Nicole Landreth,
nicole@womanspace-rockford.org

Social Outreach Committee

Kay Strand, Kstrand4@aol.com

Holiday Artisan Sale Committee

Nicole Landreth,
nicole@womanspace-rockford.org

An Important Update About Womanspace Membership

Effective September 1, 2026, Womanspace membership dues are increasing for the first time in 20 years. New annual membership rates are:

Individual \$65/year Family \$90/year

We recognize that an increase in membership dues is significant, and our board has approached this decision thoughtfully. Rising costs for programs, operations, buildings, and the care of our 7-acre campus have made an adjustment necessary to help ensure Womanspace remains financially sustainable for the years ahead.

Your membership is more than a program discount – it is an investment in Womanspace. Your support helps us continue providing opportunities for connection, creativity, learning, wellness, and community while caring for the special place where those experiences happen. **See Member form on page 7.**

A Simpler Way to Stay Connected

We are also simplifying our membership structure. Beginning September 1, **two-year and three-year memberships will no longer be offered.** Existing two-year and three-year memberships will be honored through their original expiration dates, but those membership options will not be available for future renewal.

Our new membership system makes annual membership easier to maintain with a convenient auto-renewal opt-in button, so you can remain a member without having to remember to renew each year.

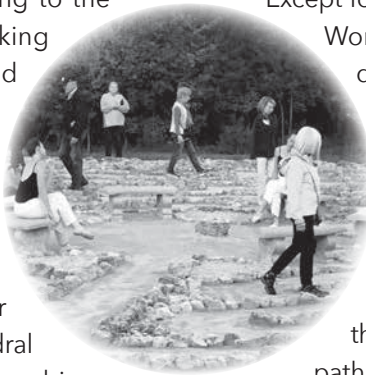
Thank you for being part of the Womanspace community and for helping us carry our mission forward into the next 50 years.

our labyrinth



Come discover the ancient practice of circling to the center. The Womanspace Labyrinth is a walking meditation path that is both therapeutic and energizing. A devoted team of volunteers, led by a core group of twelve women, broke ground on our prairie in 2000 and dedicated the Labyrinth on September 22, 2003.

Labyrinths have been in use for over 4000 years. Our eleven-circuit design is modeled after the labyrinth in the medieval Chartres Cathedral in France. It is the largest in Northern Illinois and is listed on the National Labyrinth Registry. The basic design is fundamental to nature as well as many cultures and religious traditions. This sacred space is our gift to the community and available to anyone seeking quiet and reflection.



Except for times when special events are scheduled, the Womanspace Labyrinth is open to visitors seven days a week during daylight hours. To reach the labyrinth, follow the ribbon hoops at the entrance to the woods on the right side of the circle drive. It is not a maze, so once you reach the center, you will have walked on every part of the path. There are no rules, but most prefer to walk to the rosette at the heart of the design, contemplate the experience, and then retrace each step as the path unwinds. Both inward and outward trips offer powerful life metaphors and insights.

If you want to reserve the labyrinth for a special event, please call Womanspace for more information.

“Oh Good, You’re Here”

Peace Circle Brick Fundraiser

Womanspace invites the community to help create a welcoming gathering space outside the New Dimensions Studio, rooted in peace, connection, and belonging.

“Oh good, you’re here” reflects the belief that belonging doesn’t need to be earned—you are welcome, you matter, and we’re glad you came.

Donors can join this collective act of care by:

- Honoring a loved one
- Naming a value or intention
- Marking a sense of belonging
- Supporting a shared space of peace and presence

Welcoming Brick (4x8”) – \$80

Ideal for names, dates, or short intentions

Belonging Stone (8 x 8”) – \$160

Ideal for family names, partnerships, or extended messages

Bricks can be ordered and paid online. www.donationbricks.com/womanspace



membership



PERSONAL INFORMATION

Full Name: _____ Birth Date: _____

Address, City, State, Zip: _____

Phone ☐ Cell ☐ Home: _____ Gender: ☐ Female ☐ Male ☐ Other

E-mail: _____

Add'l Names & Current Ages of Kids for Family memberships: _____

EMERGENCY CONTACT

Full Name: _____ Phone: _____

VOLUNTEER INTERESTS

- ☐ Events (Organize/Plan/Assist)
- ☐ Board of Directors (Willing to serve)
- ☐ Office Assistance (Reception desk, etc.)
- ☐ Gallery (Plan/Procure/Display)
- ☐ Grounds (Maintenance of Garden)
- ☐ Fundraise (Seek Grants/Sponsorships)
- ☐ Marketing Support (Event promotion)
- ☐ Computer (Data Entry/Research)
- ☐ Social Outreach (Charitable support)
- ☐ Facility (Maintenance/Repair/Clean)
- ☐ Food (Prepare/Donate)
- ☐ Other _____

How did you hear about Womanspace?

NEW MEMBER BRUNCH

In order to welcome new members and get to know each other, Womanspace holds a new member brunch twice a year on a Saturday – one in the Spring and one in the Fall. Watch for an email invitation!

CHOOSE YOUR LEVEL TODAY!

Membership begins with the month the fee is paid and continues through the end of that month the following year.

INDIVIDUAL ☐ \$65 ☐ Auto Renew Opt-in

FAMILY ☐ \$90 ☐ Auto Renew Opt-in

Family membership is defined in two ways:

- Partners/Spouses + children under 18 who live in the same household – OR –
- Grandparents + grandchildren under 18

DO YOU WANT TO RECEIVE COMMUNICATIONS?

- ☐ Opt-in for E-Newsletters ☐ I already receive them
- ☐ Opt-in for E-mail Notices ☐ No, thank you

PAYMENT METHOD (Note: 4% credit card fee applies*)

☐ Cash ☐ CHK # _____ ☐ MC* ☐ Visa* ☐ Dis*

Expiration: ____/____ CID: ____ (3 digits on card back)

OFFICE USE ONLY:

☐ New ☐ Renew ☐ Former ☐ Gift

Date to _____ Notes _____



womanspace registration form

Fill out this form and mail it in with your payment or register online at womanspace-rockford.org. Please print clearly.

Name _____ ☐ Member # _____

Address, City, State, Zip _____

Phone _____ E-mail _____

☐ Cash ☐ Check # _____ ☐ MC* ☐ Visa* ☐ Discover* ☐ Gift Certificate/Coupon (included with payment)
_____ Exp.: ____/____ CID: _____ (on card back)

COURSE #	NAME OF COURSE	START DATE	FEE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Womanspace reserves the right to use photo images taken at all programs for promotional purposes.

TOTAL ENCLOSED \$ _____

REGISTRATION & PAYMENT

- Courses are filled on a first-come first-paid basis.
- Register and pay early to help ensure minimum enrollment is met and you have a spot.
- **Payment must be made at the time you register or your registration may be cancelled.**
- **There is no reduction in fees if you are unable to attend all scheduled classes.** Partial attendance is not recommended.

An online account is required for all registrations. From our web site, click Member Login to create an account. You will receive an email prompting you to create a log-in password.

- **Online** - Visit womanspace-rockford.org to register. We accept Visa, MasterCard and Discover payments* for programs and membership.
- **By Mail** - Payment must accompany registration form. Make checks payable to WOMANSPACE. There is a \$25 fee for returned checks. Mail the registration form to: Womanspace, 3333 Maria Linden Dr., Rockford IL 61114. Payment must be received by the registration deadline date.

***There is an additional 4% service fee for credit card payments.**

CANCELLATION & REFUND POLICY

Paid enrollment in a Womanspace class must be cancelled in order for the student to be eligible for a refund. A refund (minus a \$10 non-refundable deposit, minus the 4% service fee) will be granted according to the following:

- If you cancel up to 7 calendar days prior to a program or event, your payment, less the non-refundable deposit and service fee, will be refunded.
- If you cancel 4 days in advance, you may have your payment, less the non-refundable deposit, transferred to another program.
- **IN THE LAST 3 DAYS, THERE ARE NO REFUNDS.**
- Womanspace reserves the right to cancel a course due to insufficient enrollment by the registration deadline, in which case, full refunds will be made.

**Womanspace supports a healthy working environment.
If you are not feeling well, please stay home. Thank you!**

supper & film

Registration required. NO WALK-INS.



All are welcome! We will watch these films in the Reif Gallery while sharing a delicious dinner prepared by volunteers and then have a discussion of the film, characters, and artistry.

Queen Of The Desert 27SF-01

The extraordinary life of Gertrude Bell, a British explorer, writer, and diplomat who defied Victorian expectations to travel across the Middle East. Through adventure, love, and political intrigue, she gains the respect of Arab leaders and plays a key role in shaping the region's future after World War I. 2015 | PG-13 | 128 min.



Monday | Sep 28 | 6:00-9:00p
\$20 (Members \$15) | Reg. by 9/26

Song Sung Blue 27SF-02

A heartfelt drama inspired by the true story of Milwaukee musicians Mike and Claire Sardina, two struggling performers who find love, purpose, and a second chance through music. After forming a Neil Diamond tribute act called Lightning & Thunder, the couple rises from small local gigs to unexpected success while facing personal challenges, heartbreak, and the realities of chasing a dream. 2025 | NR | 132 min.



Monday | Oct 26 | 6:00-9:00p
\$20 (Members \$15) | Reg. by 10/24

Hamnet 27SF-03

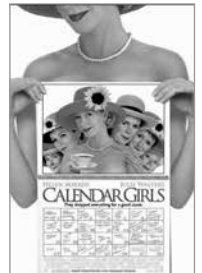
Based on Maggie O'Farrell's bestselling novel, *Hamnet* (2025) is a moving historical drama that imagines the family life of William Shakespeare and his wife, Agnes, before and after the death of their young son, Hamnet. Told largely through Agnes's perspective, the film explores love, grief, and resilience as the family struggles with devastating loss. It offers a poignant fictional account of how this tragedy may have inspired Shakespeare to write his enduring masterpiece, *Hamlet*. 2025 | PG-13 | 125 min.



Monday | Nov 23 | 6:00-9:00p
\$20 (Members \$15) | Reg. by 11/21

Lunch & Film: Calendar Girls 27SF-04

A heartwarming comedy based on a true story about a group of Yorkshire women who create a tasteful nude calendar to raise money for a local hospital. Their unexpected success brings fame, friendship, and a reminder of the power of community and courage. 2003 | PG-13 | 108 min.



Monday | Dec 14 | 11:00a-1:00p
\$20 (Members \$15) | Reg. by 12/12

Project Hail Mary 27SF-05

Ryland Grace, a middle school science teacher, wakes up alone on a spaceship with no memory of his mission. As his memories return, he learns he must save Earth from a mysterious threat to the Sun. With science, determination, and an unexpected friendship, Grace embarks on a thrilling adventure to save humanity. 2026 | PG-13 | 156 min.



Monday | Jan 25 | 6:00-9:00p
\$20 (Members \$15) | Reg. by 1/23

Sarah's Oil 27SF-06

A historical drama based on the true story of Sarah Rector, a young Black girl whose Oklahoma land unexpectedly produces oil, making her one of America's first Black female millionaires. As others try to seize her fortune, Sarah and her family fight to protect her future with courage and determination. 2025 | PG | 103min.



Monday | Feb 22 | 6:00-9:00p
\$20 (Members \$15) | Reg. by 2/20



bad girl book club



Join this women's evening book club in the Loretta & William Reif Gallery. And no, you don't have to be a "bad girl" to join! This group focuses on books with female authors and unique female protagonists. In depth and honest opinions are encouraged. You don't even have to finish the book to join in. **Registration required.**

I Who Have Never Known Men

by Jacqueline Harpman 27BG-01

Forty women are imprisoned underground with no memory of how they arrived or how long they have been trapped. Among them is a young girl who may hold the key to their escape and survival in the unknown world above. Jacqueline Harpman's haunting post-apocalyptic novel explores friendship, resilience, and the struggle to preserve humanity in the face of isolation and devastation.



Monday | Sep 14 | 6:00-8:00p | Reg. by 9/12
Sliding Scale \$5-\$20 | Andrea Azar

The Round House by Louise Erdrich 27BG-02

Louise Erdrich's *The Round House* is a powerful story set on an Ojibwe reservation in North Dakota. It follows a young boy coming of age as he searches for justice and understanding after a devastating crime changes his family forever. Blending mystery, family, history, and Native American culture, this moving and suspenseful novel explores love, resilience, and the journey toward healing.



Monday | Oct 12 | 6:00-8:00p | Reg. by 10/10
Sliding Scale \$5-\$20 | Andrea Azar

Night Watch by Jayne Anne Phillips 27BG-03

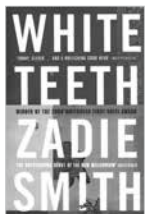
In 1874, after the Civil War, twelve-year-old ConaLee and her silent mother, Eliza, leave behind their mountain home and travel to the Trans-Allegheny Lunatic Asylum in West Virginia. Haunted by loss, war, and the disappearance of ConaLee's father, they seek a new beginning. At the asylum, ConaLee cares for her mother while pretending to be her maid, and both slowly begin to heal as they become part of a strange and unforgettable community of patients, staff, and outsiders.



Monday | Nov 9 | 6:00-8:00p | Reg. by 11/7
Sliding Scale \$5-\$20 | Andrea Azar

White Teeth by Zadie Smith 27BG-04

White Teeth follows two unlikely friends, Archie Jones and Samad Iqbal, whose families reflect the changing face of modern England. As their children grow up amid London's mix of cultures, traditions, and identities, they struggle with questions of heritage, faith, and belonging. Spanning generations and continents, the novel explores the humor, challenges, and complexity of life in a diverse and rapidly changing world.

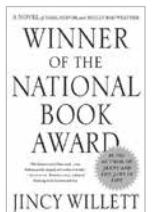


Monday | Dec 14 | 6:00-8:00p | Reg. by 12/12
Sliding Scale \$5-\$20 | Andrea Azar

Winner of the National Book Award

by Jincy Willett 27BG-05

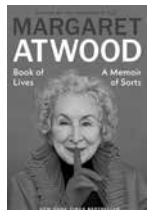
Set in Rhode Island, this darkly comic novel follows twin sisters with very different lives: Abigail, who embraces passion and desire, and Dorcas, a quiet librarian devoted to books. When they become entangled with a famous poet and a troubled Hollywood writer, they are drawn into a dangerous game of betrayal, shame, and murder. Satirical and witty, the story explores ambition, literary obsession, family, and the strange ways people deceive themselves and others.



Monday | Jan 11 | 6:00-8:00p | Reg. by 1/9
Sliding Scale \$5-\$20 | Andrea Azar

Book of Lives: A Memoir of Sorts by Margaret Atwood 27BG-06

Margaret Atwood shares the story of her life and writing journey in this memoir, tracing how her unconventional childhood, relationships, and experiences shaped her groundbreaking novels. Through reflections on moments that inspired works like *Cat's Eye* and *The Handmaid's Tale*, she reveals the connection between life, imagination, and art.



Monday | Feb 8 | 6:00-8:00p | Reg. by 2/6
Sliding Scale \$5-\$20 | Andrea Azar

bookwoman



Join this women's morning book club in the Loretta & William Reif Gallery. All women are invited to these discussions to share observations, enthusiasm, insights and the pure enjoyment of reading. In depth and honest opinions are encouraged. You don't even have to finish the book to join in. **Registration required.**

***Erasure* by Percival Everett** 27BW-01

Monk Ellison is a Black writer frustrated that stereotypical stories about inner-city life become bestsellers while his serious work is rejected. As a joke, he writes a parody under a fake name, but publishers mistake it for an authentic voice and make it a huge success. Now famous, Monk must decide how far he'll go to maintain the deception.



Wednesday | Sep 9 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 9/7 | Reif Gallery
Leader: TBD | Host: Carol Valaitis

***Hope Dies Last: Keeping the Faith in Troubled Times* by Studs Terkel** 27BW-02

In *Hope Dies Last*, oral historian Studs Terkel captures the voices of ordinary people whose hope is strengthened by courage, action, and resilience. Through stories from the Great Depression, civil rights movement, and peace activism, he shows that lasting change comes from those who stand up for what they believe in. An inspiring reminder that hope endures, even in difficult times.



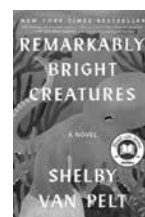
Wednesday | Oct 14 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 10/12 | Reif Gallery
Leader: Kathy Scarpaci | Host: Tina Hallberg

Remarkably Bright Creatures

by Shelby Van Pelt 27BW-03

After losing her husband, Tova Sullivan works the night shift at a local aquarium to help cope with the grief of losing her son, who disappeared more than 30 years earlier. There, she forms an unlikely friendship with Marcellus, a remarkably intelligent giant Pacific octopus who uncovers the truth about her son's disappearance. This heartwarming novel explores grief, friendship, and the healing power of hope.



Wednesday | Nov 11 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 11/9 | Reif Gallery
Leader: Pam Lonsway | Host: Carol Valaitis

The Next Ship Home: A Novel of Ellis Island

by Heather Webb 27BW-04

Set in 1902 at Ellis Island, this historical novel follows Italian immigrant Francesca and aspiring translator Alma as they confront corruption and prejudice. Their unlikely friendship leads them to uncover a dangerous secret, revealing courage, resilience, and hope in the face of injustice.



Wednesday | Jan 13 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 1/11 | Reif Gallery
Leader: TBD | Host: TBD

***The Book Club for Troublesome Women* by Marie Bostwick** 27BW-05

In the early 1960s, four suburban housewives form a book club after reading *The Feminine Mystique*. What begins as a discussion group grows into a lasting friendship that helps them challenge expectations, face personal struggles, and find the courage to build more meaningful lives during a time of great social change.



Wednesday | Feb 10 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 2/8 | Reif Gallery
Leader: Colleen Blanchard | Host: Karen Keller



RAAC
ROCKFORD AREA ARTS COUNCIL

Coming Up Soon At RAAC

State of Culture: Second Annual Event

Sep 17 6:00 - 8:30 PM

Celebrate our progress and help shape what's next for arts and culture—join us!



The Pickleball Throwdown

October 18 1:00-4:00PM

Play, cheer, and help RAAC keep the arts accessible—register today!



community

Registration is required. There is no reduction in fees if you are unable to attend all scheduled classes in a series.



¡Necesito Practicar Más! Conversational Spanish

Si entiendes poco o nada, pero quieres practicar tu español con amigas, then join us! Whatever your background in learning or understanding Spanish, if you're ready to bump up your fluency and practice in a friendly and supportive environment, then we'll see you soon! We meet (mostly) twice a month and chat about life en español. **Registration is required for this group.**

2nd & 4th Saturdays | 10:00-11:30a

27CS-01 | **Sep 12, 26** | Reg. by 9/10

27CS-02 | **Oct 10** | Reg. by 10/8

27CS-03 | **Nov 7, 21** | Reg. by 11/5

27CS-04 | **Dec 12** | Reg. by 12/10

27CS-05 | **Jan 9, 23** | Reg. by 1/7

27CS-06 | **Feb 13, 27** | Reg. by 2/11

Sliding Scale \$5-\$20

Sylvia Candelaria Landreth

Reif Gallery

Learn to Play Mahjong

Ever wanted to learn Mahjong (American version) but felt intimidated by the tiles and rules? This beginner-friendly, three-week introduction breaks it all down step-by-step in a fun and approachable way. We'll start with the basics, move into rules and strategy, and wrap up with practice games so you can feel confident playing on your own. Temporary Mahjong cards will be provided, and participants are encouraged to purchase a current Mahjong card if they'd like to continue playing beyond class. If interest continues, we may offer a follow-up session later. Come learn, play, and connect—one tile at a time.

Tuesdays | Sep 15-29 (3 wk)

27MJ-01 | **10:30a-12:30p**

27MJ-02 | **5:30-7:30p**

\$45 (Member \$40) | Reg. by 9/13

Yoga Studio | Judy Hedegaard

AI for Everyday Life: Understanding It & Using It Responsibly

Curious about AI but not sure what it can and can't do? Explore how tools like ChatGPT and Gemini are being used in everyday life and learn practical ways to make them work for you. We'll cover how to ask better questions, refine responses through conversation, and use AI thoughtfully and responsibly, including important considerations around accuracy and privacy. Whether you're brand new to AI or have already experimented with it, you'll leave with a better understanding and more confidence to explore.

27Ai-01 | **Thu | Oct 8 | 11:30a-1:00p**

27Ai-02 | **Sat | Oct 17 | 10:00-11:30p**

\$30 (Member \$25) | Reg. by 2 days before

Reif Gallery | Denise Colin

90s TV Night 27FG-01

Step back into the '90s for a girl's night filled with your favorite classic TV shows, complete with their original commercials. Laugh, snack, reminisce, and experience the magic of feeling like a kid again for one fun evening.



Friday | Oct 2 | 6:00-8:00p | Reg. by 9/30

\$20 (Members \$15) | Miss Aubrey Alexis | Reif Gallery

Before the Pause: A Screening & Conversation on Perimenopause

Join Ashely from Naturally Ageless Rockford for a special screening of the powerful new PBS documentary, *The M Factor 2: Before the Pause*. While the primary focus is perimenopause—the 5-10 year window leading up to menopause—many symptoms also overlap into the menopausal period.

The film blends real stories from women in various careers with leading medical expertise to explore how perimenopause impacts brain, bone, and heart health, as well as daily life and workplace dynamics. Following the screening, there will be a brief Q+A session to answer questions and discuss common symptoms and proactive solutions. 2026 | NR | 55 min.

27FG-02 | **Wednesday | Oct 7 | 5:30-7:00p** | Reg. by 10/5

\$10 | Ashely Vogrinc | Reif Gallery



Give Us Your Feedback!

Scan the code and fill out the form online OR just give us a call!

community

Registration is required. There is no reduction in fees if you are unable to attend all scheduled classes in a series.

RKFD Stationery Club

Please note: This is a gathering, not a class or workshop, and it is intended for adults (18+) only. Love all things related to pens, paper, and creative journaling? Join the Rockford Stationery Club – a relaxed, welcoming space for stationery enthusiasts to gather, connect, and share their love for writing, crafting, and beautiful supplies. There's no set curriculum or structured activity – just time to hang out, swap ideas, and enjoy the simple joy of stationery in good company.

Bring your favorite notebooks, stickers, washi tape, or projects you're working on, and join a community that appreciates the art of slowing down and creating together.

Saturdays | 2:00-4:00p

27SG-01 | **Sep 12** | Reg. by 9/10

27SG-02 | **Oct 17** | Reg. by 10/15

27SG-03 | **Jan 9** | Reg. by 1/7

27SG-04 | **Feb 20** | Reg. by 2/18

Sliding Scale \$5-\$20 | Caitlin Yarbrow | ND Upper Studio

Creative Co-Work Café

Age 18+. Bring your laptop, sketchbook, knitting, or whatever project you've been procrastinating on. Work alongside others for a boost of accountability and a sprinkle of creativity.

Mondays | 12:00-5:00p

27CG-01 | **Sep 14-Oct 5** 27CG-04 | **Dec 7-14**

27CG-02 | **Oct 12-Nov 2** 27CG-05 | **Jan 4-25**

27CG-03 | **Nov 9-30** 27CG-06 | **Feb 1-22**

\$5 Non-Members (FREE Members) | ND Upper Studio

Gratitude & Goal Circle

As the seasons shift, we gather to reflect, realign and set intentions. In line with Womanspace's equinox and solstice traditions, this circle honors gratitude for what has been and clarity for what is emerging. Weather permitting, we'll close with a labyrinth walk, stepping into the season, grounded and supported.

Saturdays | 4:00-6:00p

27GG-01 | **Sep 19** | Reg. by 9/17 *Fall Equinox*

27GG-02 | **Dec 19** | Reg. by 12/17 *Winter Solstice*

\$10 (Member \$5) | Nicole Landreth | ND Upper Studio

Rockford Autoimmune Disease Support Group

This group's mission is to provide those with autoimmune diseases an opportunity to relate to one another, and talk about things that have helped them adapt to certain challenges. Friends and family of those with autoimmune diseases are also welcome to join.

3rd Wednesdays | 6:00-7:30p

27SA-01 | **Sep 16**

27SA-04 | **Jan 20**

27SA-02 | **Oct 21**

27SA-05 | **Feb 17**

27SA-03 | **Nov 18**

Sliding Scale \$5-\$20 | Jillian Peppers | Reif Gallery

MUST register by two days before each gathering.

Women's Autism Support Group

Join us for a relaxed, masking-free meetup where autistic women can connect, share experiences, and enjoy honest conversation. Whether you're looking to make friends, find community, or simply spend time with people who get it, you're welcome here.

Thursday | 6:00-8:00p

27AG-01 | **Sep 24** | Reg. by 9/22

Sliding Scale \$5-\$20 | Empowering Minds | Reif Gallery

New Pages: A Generative Writing Workshop

Ages 18+. In this workshop, writers will draw from the well of their lived experience with the goal of generating new work in a supportive community. Prompts will be provided, with the bulk of our time dedicated to getting words on the page. Writers are encouraged to share their work at the end of each session. We'll cap off the workshop with a celebratory reading in our last session with friends and family invited.

Thursdays | 6:00-7:30p

27WG-01 | **Oct 8, 22** | Reg. by 10/6

27WG-02 | **Nov 5, 19** | Reg. by 11/3

27WG-03 | **Dec 3, 17** | Reg. by 12/1

27WG-04 | **Jan 14, 28** | Reg. by 1/12

27WG-05 | **Feb 11, 25** | Reg. by 2/9

Sliding Scale \$5-\$20 | Jenna Goldsmith | Reif Gallery



A meaningful way to give—directly from your IRA

For those age 70½ and older, a Qualified Charitable Distribution (QCD) allows you to transfer funds directly from your IRA to support our mission. This gift can be made tax-free and may count toward your required minimum distribution (RMD), helping you care for your financial future while investing in our shared community. If you are interested, please request a check from your IRA made payable directly to WOMANSPACE, INC.

mind & body

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



Meditation: A Wellness Practice

This class is being offered online Zoom only! The Zoom link will be sent in your registration confirmation email. Start your day off with greater focus, less stress and more peace of mind from the comfort of your own home. Meditation is the practice and process of paying attention and focusing your awareness. Different forms of meditation are introduced like *Sitting-Breathing, Body-Scan and Loving-Kindness* meditations. They are practiced in a seated position with a soothing voice guiding you through the process! Those who have taken this class for years say it's a great way to de-stress, re-charge and re-focus – all without having to worry about the commute!

Tuesdays | 8:30-9:30a

27MD-01 | **Sep 1-22** (4 wk) | Reg. by 8/30
27MD-02 | **Oct 6-27** (4 wk) | Reg. by 10/4
27MD-03 | **Nov 3-24** (4 wk) | Reg. by 11/1
27MD-04 | **Dec 1-22** (4 wk) | Reg. by 11/29
27MD-05 | **Jan 5-26** (4 wk) | Reg. by 1/3
27MD-06 | **Feb 2-23** (4 wk) | Reg. by 1/31
\$50 (Member \$40) | Shiraz Tata, Ph.D. | Zoom

Sound Bowl Bath

Sink into a deeply soothing 60-minute sound bath designed to help you unwind, release stress, and reconnect with your inner calm. Each session features crystal singing bowls and other gentle, resonant instruments that create a restorative soundscape for relaxation and energetic balance. Participants are invited to lie down or sit comfortably as waves of sound wash over the body, quieting the mind, easing tension, and supporting mindfulness. Whether you're seeking stress relief, emotional grounding, or simply a peaceful pause in your week, this sound bath offers a nurturing space to reset and recharge. **Bring a comfortable mat, blanket, pillow. Chairs are available.**

Sunday & Saturdays | 10:00-11:00a

27SB-01 | **Sep 13** (Sunday) | Reg. by 9/11
27SB-02 | **Nov 14** | Reg. by 11/12
27SB-03 | **Jan 16** | Reg. by 1/14
\$25 (Member \$20) | Kristin Krieger | Yoga Studio

Journaling for Self-Care & Reflection

Day-to-day life can be hectic, leaving little time to process all that is happening around us and in our lives. It is important to carve out time for self-care and reflection. During each session, we will take time to get centered and grounded before we begin our time of journaling together. While reading our written words out loud can be powerful, sharing is always optional. **Please bring a journal and writing utensil.**

Wednesdays | 6:00-8:00p

27WR-01 | **Sep 9** | Reg. by 9/7
27WR-02 | **Oct 28** | Reg. by 10/26
27WR-03 | **Nov 11** | Reg. by 11/9
27WR-04 | **Dec 9** | Reg. by 12/7
27WR-05 | **Jan 20** | Reg. by 1/18
27WR-06 | **Feb 3** | Reg. by 2/1
\$30 (Member \$25) | Deb Gaines Rose | Reif Gallery

Gongtopia

It's unlike anything you have ever experienced before. Imagine floating in an ocean of sound, where you can let go of all your stress and worries. Gongs, Singing Bowls, Bells, and other instruments ring out, creating waves of vibrations that wash over you. Your body and energy systems are able to realign and recharge, helping to clear out blockages, while leaving you refreshed and reawakened. **Bring a chair or yoga mat/blanket and wear comfy clothing.**

Fridays | 6:00-7:30p

27MB-01 | **Sep 25** | Reg. by 9/23
27MB-02 | **Feb 26** | Reg. by 2/24
\$40 (Member \$35) Walk-in Fee: \$45
Michael Bettine | Anjali Pavilion OR Reif Gallery



PREFER A CALENDAR VIEW?

A live up-to-date calendar is available to view on our web site:

womanspace-rockford.org/programs-calendar

mind & body



Dress comfortably, bring a yoga mat, water bottle and desired props if you have them.

Hatha Yoga

All levels. This class uses breath to movement, taking you through a series of warm-up poses, sun salutations, strengthening asanas, balance postures, and twists, ending with deep stretches and relaxation.

Thursdays | 10:00-11:00a

27YG-01 | **Sep 3-24** (4 wk)

27YG-02 | **Oct 1-22** (4 wk)

27YG-03 | **Oct 29-Nov 19** (4 wk)

27YG-04 | **Dec 3-17** (3 wk)

27YG-05 | **Jan 7-28** (4 wk)

27YG-06 | **Feb 4-25** (4 wk)

Reg. 2 days before each session

3 week: \$40 (Members \$30)

4 week: \$50 (Members \$40)

Single class: \$15

Amanda Stivers | Yoga Studio

Restorative Yoga

All levels. Take a retreat from the hustle and bustle of the holiday season with this peaceful restorative yoga class led by Amanda. Class will begin promptly at 5:00 PM, so we invite you to arrive a little early to settle in, enjoy a custom herbal tea blend, and prepare your space.

Restorative yoga is a gentle, grounding practice that takes place entirely on the floor. Using supportive props, each pose is held for an extended time, allowing your body to fully relax and your mind to unwind. Leave feeling refreshed, rejuvenated, and ready to embrace the season with a renewed sense of calm.

Fridays | 5:00-6:30p

27RY-01 | **Nov 27** | Reg. by 11/25

27RY-02 | **Dec 18** | Reg. by 12/16

\$25 (Members \$20)

Amanda Stivers | Yoga Studio

Adaptive Yoga

All Levels. This class is being offered online Zoom only! The Zoom link will be sent in your registration confirmation email. Adaptive Yoga is a particularly effective practice and can have therapeutic benefits for those recovering from or living with injury, illness, or disease. This specialty yoga course blends chair yoga, restorative yoga (supported postures), gentle yoga, Pranayama (breath work), individualized attention, and guided meditation techniques combined in such a way that it is an excellent choice for those who need something gentle, yet effective.

Wednesdays | 10:00-11:00a

27YT-01 | **Sep 2-23** (4 wk)

27YT-02 | **Oct 7-28** (4 wk)

27YT-03 | **Nov 4-25** (4 wk)

27YT-04 | **Dec 2-23** (4 wk)

27YT-05 | **Jan 6-27** (4 wk)

27YT-06 | **Feb 3-24** (4 wk)

Register by 2 days before each session

\$80 (Members \$60)

Amanda Stivers | Zoom Only

Friday RECORDINGS | 10:00a

27YR-01 | **Sep 4-25** (4 wk)

27YR-02 | **Oct 2-23** (4 wk)

27YR-03 | **Oct 30-Nov 20** (4 wk)

27YR-04 | **Dec 4-25** (4 wk)

27YR-05 | **Jan 8-29** (4 wk)

27YR-06 | **Feb 5-26** (4 wk)

Reg. by 2 days before for each session

\$25 (Members \$20)

seasonal gatherings

Autumn Equinox

Come join in a gathering to connect with nature as we celebrate the Fall Equinox – a sacred time of balance between daylight and darkness. We'll honor this seasonal transition through poetry, mindful harvesting, journaling, and creating a natural altar. Take time to pause, reflect, and welcome the gifts of the season.

27RF-01 | **Tuesday | Sep 22 | 5:30-7:00p**

Sliding Scale \$5-\$20 | Reg. by 9/20

TBD | Anjali Pavilion & Grounds

Winter Solstice

On the longest night of the year, we join in ceremony long practiced by our ancestors – honoring the stillness, the darkness, and the promise of light's return. It is the time of remembering who we are in our deepest heart as we welcome the return of the sun. Together we will reflect, share, and reconnect with the rhythms of the earth and the warmth of community.

27RF-02 | **Monday | Dec 21 | 4:00-5:30p**

Sliding Scale \$5-\$20 | Reg. by 12/19

Sallyann Roberts | Reif Gallery

mind & body



Reiki I 27RK-01

Reiki (ray-key) is a Japanese practice of hands-on energy healing that promotes balance and harmony. Learn Reiki hand positions for self-healing and treating others, explore the seven major chakras and the Usui System of Natural Healing, and receive your first attunement. You'll also have the opportunity to practice sensing and sharing energy with others. **Wear comfortable, loose fitting clothing; no jewelry or perfumes. Bring a sack lunch.**

Saturday | Nov 14 | 9:00a-4:00p | Reg. by 11/12
\$145 (Member \$120) | Deb Gaines Rose | Yoga Studio

Reiki II 27RK-02

[Must have completed Reiki I. You can sign up for Reiki I and II on the same weekend!] Deepen your Reiki practice by learning sacred symbols and mantras to focus and strengthen Reiki energy. Receive your Second Attunement, further opening and strengthening your connection to Reiki energy while honoring the integrity and lineage of this practice. Explore distance healing, including sending Reiki through time. Participants will also have time to practice giving and receiving Reiki with one another. **Wear comfortable, loose fitting clothing; no jewelry or perfumes. Bring a sack lunch.**

Sunday | Nov 15 | 9:00a-4:00p | Reg. by 11/12
\$145 (Member \$120) | Deb Gaines Rose | Yoga Studio

Chakra Club 27CH-01

All levels; Zoom Only! The Zoom link will be sent in your registration confirmation email. Explore the chakras and deepen your understanding of mind, body, and inner healing. Through shared experiences and wisdom, Chakra Club offers a supportive space to connect with your inner self, expand awareness, and create a more fulfilling life. **Originally created and offered by Marcia (Phillips) West – Bridges of Unity. Books are available for purchase at Womanspace.**

Saturday | 10:00-11:30a | Zoom | Reg. 2 days before
27CH-01 | **Oct 3** 27CH-04 | **Jan 9**
27CH-02 | **Nov 7** 27CH-05 | **Feb 6**
27CH-03 | **Dec 5**
\$25 (Member \$20) | Kathryn Moehling & Susan Rahn

Experience Your Angel 27MP-01

Learn the signs. Then meet your guide. Have you ever wondered if your Guardian Angel has been trying to communicate with you? In this uplifting and experiential class, you'll explore how angels have been described across spiritual traditions, discover common signs of angelic guidance, learn about the Archangels, and finish with a peaceful guided meditation designed to help you experience a personal connection with your own Guardian Angel. Whether you're simply curious or already feel connected to the angelic realm, you'll leave with practical tools and a deeper sense of comfort, guidance, and support.

Saturday | Oct 10 | 1:30-3:00p | Reg. by 10/8
\$35 (Member \$30) | Melissa Paluzzi | Reif Gallery

Unlocking Your Inner Oracle in 60 Minutes 27MP-02

Learn to communicate with your intuition through the gentle art of pendulum dowsing. Have you ever wondered if you could access your inner wisdom with greater clarity and confidence? A pendulum is a simple yet powerful tool for strengthening intuition and learning to trust yourself.

In this interactive 60-minute class, you'll learn the basics of pendulum dowsing, including how to establish clear responses, ask effective questions, and recognize intuitive guidance. Through guided practice and hands-on experience, you'll develop confidence using a pendulum in a relaxed, supportive environment. **Pendulums will be provided for class practice and will also be available for purchase.**

Wednesday | Nov 4 | 5:30-6:30p | Reg. by 11/2
\$25 (Member \$20) | Melissa Paluzzi | Reif Gallery

Human Design For Real Life 27MP-03

Discover your design... and learn to trust yourself. Human Design blends ancient wisdom and modern science to offer a unique map of your natural strengths, energy, and decision-making style. In this introductory class, you'll discover the basics of your design and learn how greater self-awareness can lead to more ease, confidence, and alignment in everyday life.

Saturday | Jan 9 | 1:30-3:00p | Reg. by 1/7
\$35 (Member \$30) | Melissa Paluzzi | Reif Gallery

mind & body



Discover Mexican Cultural Heritage Through Cacao

Explore the deep-rooted traditions of my family through the lens of two recipes: my grandmother's generational Chocolate and our generational Mole Oaxaqueño. Rooted in the rich heritage of Oaxaca (pronounced waa HAA kuh), both recipes center on cacao as more than just an ingredient – it's a symbol of memory, identity, and connection. We'll share not only the flavors, but the stories and techniques passed down through generations. For my family, food is our gathering place – each meal, a celebration of culture, resilience, and love. Through this workshop, I invite you into our kitchen, where history lives and community is nourished. (The chocolate is dairy-free. Mole is dairy-free, but cooked with meat.)

27AL-01 | **Monday | Nov 2 | 5:30-7:00p**

\$45 (Member \$35) | Reg. by 10/30

Alondra Lavariega Castellanos | Reif Gallery



Looking for a Space for Your Group?

Ask about renting a space inside or out.

Contact Nicole at:

nicole@womanspace-rockford.org or 815-877-0118



An Ounce of Prevention is Worth a Pound of Cure

Physician Associate Cindy Bear, PA-C is here to separate fact from fiction regarding healthcare. With medical practitioners no longer having time to discuss wellness, it leaves us to turn to social media for advice. But with all the noise of social media, it can feel overwhelming just to be well.

Our bodies have incredible capacity for healing. Learn how to use diet and lifestyle modifications to tap into our body's built in resources. It's all about the facts, without all the hype, and easier than you think. Start off the year right by making a plan for wellness.

27CB-01 | **Saturdays | Jan 9-30* | 10:00a-12:00p**

(*Note: The January 16 class will be from 12:00-2:00p)

\$110 (Member \$90) | Reg. by 1/7

Cindy Bear, PA-C | Reif Gallery

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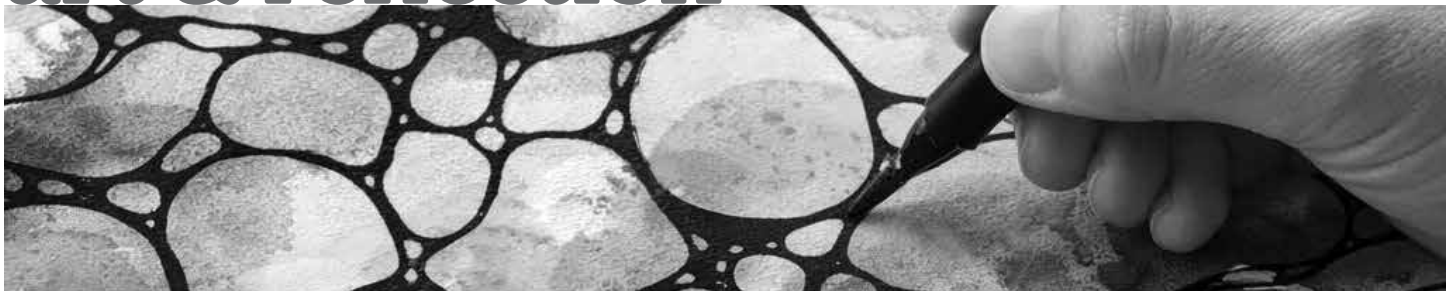
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art & reflection



New Dimensions (ND) Upper studio is located behind the main building next to the circle drive at the back of the parking lot.

Discover Neurographica

Neurographica is a creative drawing method that combines simple lines and shapes with mindfulness to help quiet mental chatter, reduce stress, and spark fresh perspectives. No artistic experience is required – just a willingness to draw and explore. As your drawing evolves, you'll experience a relaxing, meditative process that encourages creativity, self-reflection, and new ways of thinking. Come discover how a pen, a piece of paper, and a few simple techniques can transform both your artwork and your mindset.

Saturday | 11:30a-1:30p

27NE-01 | **Oct 17** | Reg. by 10/15

\$45 (Member \$40)

Jennifer Theum | ND Upper Studio

Neurographica: The Algorithm for Removing Limitations

What if the obstacles holding you back could be explored in a completely new way? In this beginner-friendly Neurographica class, you'll learn the Algorithm for Removing Limitations – a guided drawing process designed to help you examine limiting thoughts, reduce inner tension, and open yourself to new possibilities. Through flowing lines, transformative shapes, and mindful creativity, you'll create a meaningful piece of art while experiencing a calming and relaxing practice. No artistic ability is needed – just bring an open mind and discover how creativity can help you see challenges from a fresh perspective.

Wednesday | 12:00-2:00p

27NE-02 | **Dec 9** | Reg. by 12/7

\$45 (Member \$40)

Jennifer Theum | Reif Gallery

Neurographica: The NeuroTree Algorithm

Plant the seeds for growth through the creative practice of Neurographica. In this beginner-friendly class, you'll learn the NeuroTree Algorithm – a guided drawing process that uses the symbolism of a tree to explore your personal strengths, aspirations, and potential for growth. As branches, roots, and connections emerge on the page, you'll engage in a calming, mindful experience that encourages reflection, creativity, and a fresh perspective on your journey. No artistic experience is necessary – just bring your curiosity and watch your tree, and your ideas, come to life.

Wednesday | 5:30-7:30p

27NE-03 | **Feb 24** | Reg. by 2/22

\$45 (Member \$40)

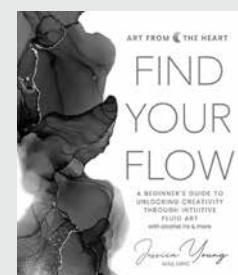
Jennifer Theum | ND Upper Studio

Living the Book: *Find Your Flow* Series

What happens when we stop trying to make creativity perfect and give ourselves permission to simply explore? Join Nicole Landreth for a 4-week creative reflection series inspired by *Find Your Flow* by Jessica Young, a licensed trauma-informed clinical therapist, intuitive artist, and healing arts retreat leader. Combining alcohol ink techniques with guided reflection, journaling, and creative exploration, this series invites participants to slow down, play, experiment, and discover what can emerge when we loosen our grip on the outcome.

Each week, we'll explore an alcohol ink project inspired by the book while using its reflective prompts as invitations to look inward. No previous art experience is necessary. The goal isn't to create a "perfect" piece of art—it's to experience the creative process as a way of noticing, expressing, releasing, and discovering.

Come curious. Come willing to play. Come prepared to let the process surprise you.



The book is recommended but not required. All art materials are provided.

Thursdays | 6:00-8:00p

27FF-01 | **Jan 28-Feb 18** (4 wk)

\$145 (Member \$120) | Reg. by 1/6

Nicole Landreth | ND Upper Studio

art studios & galleries



New Dimensions Studio

The heart and home of Womanspace arts education! The studios provide a bright, beautiful space for women and men of all ages and abilities to explore their creativity.

The Upper Studio offers plenty of space for our many art programs. Throughout the year, we offer classes in a variety of media including acrylic, watercolor, drawing, sculpture, mixed media, fine crafts and more!

The Clay Studio is in the lower level of New Dimensions Studio. It is a fully-functioning, brightly lit pottery studio offering a number of clay classes. Find one that intrigues you on the following pages and plan to “come clay with us!” A stair lift is available.

Open Clay Studio

Womanspace offers FEE-BASED open studio times for its students to continue work on their projects. These open studio times are SEPARATE from class time.



Open Studio Policy

- **You MUST be at least an intermediate pottery student OR have completed at least two beginning clay courses here at Womanspace.**
- **Open studio cannot be used to make up any missed pottery classes.**
- You MUST be a current and/or past Womanspace pottery student.
- Because of limited space, you MUST register via **SignUpGenius.com** for specific days and times.
- Please sign-up for the whole time you will be there and leave by your scheduled time.
- Only 6 people (+ studio monitor) are allowed in the clay studio.
- No knives are to be used on the canvas tables.
- You must clean up ALL the areas and equipment you use.

Open Studio Fees

There are three ways to pay for open studio time:



venmo

- Online
- Cash (write your name & amount on envelope provided).
- Venmo

For all payments, indicate on the sign-in sheet in the studio the amount paid and what the payment was for.

STUDIO FEE: \$5.00/HR.

CLAY FEE: \$2.00/LB (wet weight; includes glazes & firing)

Upcoming Art Shows in the Loretta & William Reif Gallery

Our premier art gallery and meeting space in our main building is named in honor of Loretta & Bill Reif, major Womanspace friends and benefactors.

“ON THE ROAD AGAIN” – August 21-October 11

Opening Reception August 21, 5:30-7:00p; **ArtScene October 2-3**

Once again, Una Ryan and her friends Cindy Hughes, Cynthia Linnabary, Barbara McNamara, Sue Mount, and Nancy McManus Olson share their continuing journey of camaraderie and creativity.

“ANYTHING GOES” – October 16-December 20

Opening Reception October 16, 5:30-7:00p

This exhibition invites artists to share their creativity, featuring a vibrant mix of styles, subjects, and mediums. From painting and photography to sculpture, mixed media, and beyond, this is a playful and inspiring showcase of the many ways artists see, create, and connect with the world.

“SOMETHING ABOUT MERRY” HOLIDAY ARTISAN SALE – December 4-6

Celebrate the season with our Holiday Artisan Sale, featuring a wonderful selection of handmade, unique creations by local artists. Discover something special for everyone on your holiday list. Refreshments included!

“AS THE SNOW FLIES” SHOW – January 15-February 28, 2027

Opening Reception January 15, 5:30-7:00p

Embrace the quiet beauty, mystery, and magic of winter. This exhibition is inspired by the many ways snow can be experienced and imagined. From delicate and fleeting to bold and unexpected – come see winter through fresh eyes.

“THE STORIES WE CARRY” SHOW – March 5-April 16, 2027

Opening Reception March 5, 5:30-7:00p

Explore the experiences, expectations, and messages that shape how we see ourselves – how the stories we absorb from family, culture, society, and our own experiences can influence our sense of identity and worth. The art invites us to pause, reflect, and perhaps begin rewriting the stories that no longer serve us.

clayworks

There is no reduction in fees if you are unable to attend all scheduled classes in a series. Open Studio cannot be used as a make-up for a missed class.



New Dimensions (ND) Clay studio is located behind the main building next to the circle drive at the back of the parking lot. Enter the side door and proceed downstairs. **Wear clothes you don't mind getting dirty. Leave your rings and jewelry at home.** Supply list: apron, hand towel and your own pottery tools & brushes. Fees includes up to 25 lbs. of clay, glazes & firing.

Beginning Wheel Thrown Pottery

Ages 18+. Ideal for beginner potters and students wanting to improve their skills. This structured, beginner-level 6-week course meeting for three hours each week is designed for students with little experience working with clay. Participants will work on essential wheel throwing skills including wedging, centering, and throwing cylinders and bowls. Glazing will be demonstrated after pieces are low-fired, with finished work high-fired to complete the process. (See above for supply list.)

Thursday AM | 9:30a-12:30p

27WT-01 | **Sep 24-Oct 29** (6 wk)

27WT-02 | **Nov 5-Dec 17** (6 wk; no 11/26)

27WT-03 | **Jan 7-Feb 11** (6 wk)

\$270 (Members \$225)

Register by 2 days before each session.

Margo Olson | ND Clay Studio

Intermediate Wheel Thrown Pottery

Age 18+ Intermediate. Designed for students with prior wheel experience who are ready to continue developing their skills. This mostly structured class focuses on refining foundational techniques while exploring larger and more complex forms. Students will strengthen consistency, trimming, and finishing skills while completing the full process from wet clay to glazed, fired pieces. **Best suited for returning students who are comfortable with the fundamentals rather than those new to wheel throwing.** (See above for supplies.)

Fridays AM | 9:30a-12:30p

27IN-01 | **Sep 25-Oct 30** (6 wk)

27IN-02 | **Nov 20- Dec 18** (4 wk)

4 week Fee: \$180 (Members \$150)

6 week Fee: \$270 (Members \$225)

Register by 2 days before each session.

Sheryl Klotz | ND Clay Studio

Advanced Wheel Thrown Pottery

Ages 18+. [Prerequisite: beginner throwing skills consistently mastered or instructor approval]. This 4-week course will allow you to take your skills further and learn to throw with larger amounts of clay and create more intricate forms such as bottles, plates, and lidded vessels. Students are welcome to suggest forms they're interested in creating and demonstrations will be given based on interest. Students are also free to work on their own personal projects and receive assistance from the instructor as needed. (See above for supplies.)

Mondays PM | 6:00-8:00p

27AN-01 | **Sep 21-Oct 26** (6 wk)

27AN-02 | **Nov 2-Dec 7** (6 wk)

27AN-03 | **Jan 11-Feb 15** (6 wk)

\$180 (Members \$150)

Register by 2 days before each session.

Anya Nelson | ND Clay Studio

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Damaris Trujillo
Family Services Consultant

clayworks

Basic Handbuilding

Ages 16+ Beginners. Join in this fun pottery class to learn the basics of hand building! Working with textures, stamps, decals, different glaze techniques, and more, Nancy will guide you through the process of creating one of a kind pottery pieces. (See supplies on previous page.)

Tuesdays AM | 10:00a-12:00p

27HA-01 | **Sep 1-Oct 6** (6 wk)

27HA-02 | **Oct 13-Nov 17** (6 wk)

27HA-03 | **Nov 24-Dec 29** (6 wk)

27HA-04 | **Jan 12-Feb 16** (6 wk)

Wednesdays PM | 2:30-4:30p

27HN-01 | **Sep 2-Oct 7** (6 wk)

27HN-02 | **Oct 14-Nov 18** (6 wk)

27HN-03 | **Nov 25-Dec 30** (6 wk)

27HN-04 | **Jan 13-Feb 17** (6 wk)

\$180 (Members \$150)

Register by 2 days before each session.

Nancy O'Neill | ND Clay Studio

Intermediate Handbuilding

Ages 16+ Intermediate-Advanced. Advance your hand-building skills while having fun in this 6-week class. Explore many hand-building techniques to make mugs, plates, functional ware and pieces individuals want to create. Make your own texture and templates and explore many decorating and glazing options. (See supplies on previous page.)

Thursdays PM | 6:00-8:00p

27HP-01 | **Sep 24-Oct 29** (6 wk)

27HP-02 | **Nov 5-Dec 17** (6 wk; no 11/26)

27HP-03 | **Jan 7-Feb 11** (6 wk)

\$180 (Members \$150)

Register by 2 days before each session.

Lynette Porter | ND Clay Studio

Whimsical Pottery

Age 18+ [Prerequisite: Must be an intermediate to advanced clay worker and be able to work independently.] Join this fun, independent clay study group and create something you are interested in. Use forms, natural elements, and your imagination to build practical, unusual or whimsical forms. There are lots of tools to play with and lots of glazes to choose from. (See supplies on previous page.)

Wednesdays AM | 9:30a-12:30p

27WM-01 | **Sep 2-23** (4 wk)

27WM-02 | **Sep 30-Oct 21** (4 wk)

27WM-03 | **Oct 28-Nov 18** (4 wk)

27WM-04 | **Dec 2-23** (4 wk)

27WM-05 | **Jan 6-27** (4 wk)

27WM-06 | **Feb 3-24** (4 wk)

\$180 (Members \$150)

Register by 2 days before each session.

Independent Study | ND Clay Studio

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JANE ADDAMS, 1881



Broom Making

Brooms have been a woman's tool for thousands of years. Join in the fun and create a small magical broom for your Fall home decor! Using natural materials gifted by Mother Nature, you will create a broom, uniquely your own.

All supplies are provided but feel free to bring anything you would like to add to your broom, such as herbs, dried flowers, charms, feathers, crystals – anything that would add meaning or make it extra magical for you!

27MH-01 | **Sunday | Oct 4 | 10:00-1:00p**

\$75 (Members \$65) | Reg. by 10/2

Cherie Heck | ND Upper Studio

Felted Wool & Bead "Painting"

In this class you will combine wool needle felting and bead embroidery to create a unique "painting." Bring an image as inspiration or work from your imagination. You will create a simple needle-felted wool background on a 5"x 5" foundation, then accent your art with beads. A frame will be provided for the finished piece. Embroidery and beadwork knowledge is helpful, but not necessary. **A list of items students need to bring will be in the email confirmation after registering.**

Supplies Provided: Wool, 5"x 5" wool foundation, felting foam base, some beads, felting needle, beading needle, beading thread, 5"x 5" black frame.

27MH-02 | **Sunday | Feb 27-28 | 10:00-4:00p**

\$165 (Members \$135) | Reg. by 2/25

Cherie Heck | ND Upper Studio



Beginner Serger Sewing Skills

New to serging or ready for a refresher? Whether you've just purchased a serger, inherited one, or haven't used yours in a while, this hands-on class will help you feel confident using your machine. We'll cover threading, machine settings, stitch formation, basic techniques, and troubleshooting. You'll also create a fun little project to take home! **Students MUST bring their serger and its manual.**

27SW-01 | **Saturday | Nov 14 | 9:00a-12:00p** | Reg. by 11/12

\$50 (Members \$40) | Stefi Kruger | ND Upper Studio

Beginner Machine Sewing Skills

Do you know how to sew? Have you NOT done it in a while? Forgot how to thread your machine? Adjust the tension? Bobbin ran out and can't remember how to do that? This class is perfect for first time sewers, sewers who need a refresher course or sewers who want to learn a new machine. We will cover proper machine settings, threading the machine, sewing with the machine and how to troubleshoot/repair machine problems. Plus, we will make a fun little project to take home with you! **Must bring in your own machine, its manual and tool kit which includes: sharp scissors, pins, thread, bobbin, needles for your machine. Supply list provided.**

27SW-02 | **Saturday | Feb 6 | 9:00a-12:00p** | Reg. by 2/4

\$50 (Members \$40) | Stefi Kruger | ND Upper Studio

Thread & Create: A Youth Sewing Workshop

Ages 12-16. Calling all preteens and teens! Whether you're sewing for the first time or need a refresher, this beginner-friendly workshop will help you feel confident using a sewing machine. Learn how to thread your machine, wind and replace a bobbin, adjust basic settings and tension, sew safely, and troubleshoot common problems. You'll also create a fun project to take home! **Students must bring a sewing machine and its manual. Before class, the machine must be checked by an adult to ensure it is working properly and ready to use.**

27SW-03 | **Saturday | Dec 12 | 9:00-11:30a** | Reg. by 12/10

\$30 (Members \$25) | Stefi Kruger | ND Upper Studio

fine crafts

New Dimensions Upper studio is located behind the main building next to the circle drive at the back of the parking lot. Enter at the front door.



Fused Glass: Breeze Chimes

What is a Breeze Chime? A wind chime that can withstand a breeze—but not a gale! In this 2-part workshop, learn the basics of fused glass, including cutting and shaping glass, applying frit (finely ground glass), and layering colors to create a design. Pat will guide you through planning and composing your chime, with tips for combining colors and textures. Once assembled, your glass pieces will be kiln-fired to fuse them together. On day two, you'll assemble your chime using wire and beads. Take home your finished chime ready to display! **Closed-toe shoes required; protective gear provided.**

27MX-01 | **Saturdays | Sep 26, Oct 3 (2 wk) | 12:00-2:00p**

\$75 (Members \$60) | Reg. by 9/24

Pat Sullivan | ND Upper Studio

Fused Glass: Christmas Trees

We will decorate pre-cut glass Christmas tree shapes with frit (ground glass), pre-cut shapes, and glass dots, then those trees will be fired in a kiln to 1450°. Your completed trees will then be mounted on wooden stands, and will be available for pickup at Womanspace 10-12 days after class, to allow for firing time. It's always a thrill to see the different and beautiful creations when they come out of the kiln! **Closed-toe shoes required; protective gear provided.**

27MX-02 | **Saturday | Nov 28 | 12:00-2:00p**

\$45 (Members \$40) | Reg. by 11/26

Pat Sullivan | ND Upper Studio

Fused Glass: Here Fishy Fishy Fishy

Decorate a pre-cut glass fish form with fusible ink, frit (tiny glass pieces), glass dots, and other embellishments. After it comes out of the kiln, put a copper "hook" in its mouth and you will have a fun hanging fish! **Closed-toe shoes required; protective gear provided. All fused glass pieces will be ready for pickup in 10-12 days.**

27MX-03 | **Saturday | Jan 16 | 12:00-2:00p**

\$40 (Members \$35) | Reg. by 1/14

Pat Sullivan | ND Upper Studio

Fused Glass: Houseplants or Cacti

Make a fun plant you will never have to water! In this class, we will cut glass in the shape of plants, then decorate with frit (tiny glass pieces), stringers (long thin pieces of glass), and pre-fired embellishments. Your piece will then be assembled for firing in the kiln. This "plant" can be arranged in a clay pot (or a personal pot of your choosing), so when you pick it up in a week or so, you will have a cute "plant" that will last a lifetime, barring any enthusiastic toddlers or cats. **Closed-toe shoes required; protective gear provided. All fused glass pieces will be ready for pickup in 10-12 days.**

27MX-04 | **Saturday | Feb 13 | 12:00-2:00p**

\$50 (Members \$40) | Reg. by 2/11

Pat Sullivan | ND Upper Studio

After Dark Smartphone Photography: Sunset & Light Trails

This class is designed for you to dive into and improve your photography skills on your smartphone. We will discuss lighting and gain perspective on how to improve our photography, and explore new camera settings. In this class, we'll focus on capturing the special lighting at sunset. We will be exploring light trails, stars, and other dark night photography. **Students must bring smartphone and tripod. Dress for the weather as we will be taking pictures outdoors.**

27PH-01 | **Saturday | Oct 17 | 7:00-9:00p** | Reg. by 10/15

\$45 (Members \$40) | Stefi Kruger | ND Upper Studio

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painting

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



New Dimensions (ND) Upper studio is located behind the main building next to the circle drive at the back of the parking lot.

Watercolor Wednesday

Ages 18+. Very Beginner. If you've ever wanted to try painting with watercolors, this is the class for you! We'll begin by learning how to apply water and allow color to flow. You'll learn six basic watercolor techniques that are all you need to get started. New painting projects each week will help students build on their skills and gain confidence. Come get into the flow of watercolor and have some fun! **Please purchase watercolor paper before the first class.** Cindy Bear (Instructor) recommends Arches 140 lb. watercolor paper, 9 x 12", which can be purchased online or at local art stores.

Wednesdays | 10:00a-12:30p

27WC-01 | **Sep 9-30** (4 wk) | Reg. by 9/7
27WC-02 | **Oct 7-28** (4 wk) | Reg. by 10/5
27WC-03 | **Nov 4-Dec 16** (4 wk; no 11/18, 25, 12/2) | Reg. by 11/2
27WC-04 | **Jan 6-27** (4 wk) | Reg. by 1/4
27WC-05 | **Feb 3-24** (4 wk) | Reg. by 2/1
\$150 (Members \$125) | Cindy Bear | ND Upper Studio

Painting Studio with Jaymee

Ages 16+ All levels. In this guided open studio, watercolor and acrylic artists receive highly individualized instruction tailored to their unique goals. Jaymee will provide individual instruction based on your creative goals. Some previous painting experience is beneficial, but not always necessary. Absolute beginners should be prepared to work on painting exercises before moving on to individual work. You'll have space for independent exploration, plus one-on-one support to help you develop your vision. **Bring your own references or draw inspiration from Jaymee's collection of samples.** Cost includes a \$20 supply fee for paper, brushes, canvases and paints.

Fridays | 11:00a-1:00p

27PJ-01 | **Sep 11-Oct 9** (5 wk) | Reg. by 9/9
27PJ-02 | **Nov 6-Dec 18** (5 wk; no 11/27, 12/4) | Reg. by 11/4
27PJ-03 | **Jan 15-Feb 12** (5 wk) | Reg. by 1/13
27PJ-04 | **Feb 19-Mar 19** (5 wk) | Reg. by 2/17
\$145 (Members \$120) | Jaymee Fedor | ND Upper Studio

Splashdown! Independent Study

Ages 18+. Intermediate-Advanced. This independent study offers watercolor artists the space to create, explore, and refine their skills within a supportive community. Participants work independently, bring their own supplies, and may occasionally invite special guests or share techniques with one another.

Thursdays | 10:00a-12:00p

27WCi-01 | **Sep 3-24** (4 wk) | Reg. by 9/1
27WCi-02 | **Oct 1-22** (4 wk) | Reg. by 9/29
27WCi-03 | **Oct 29-Nov 19** (4 wk) | Reg. by 10/27
27WCi-04 | **Dec 10-17** (2 wk) | Reg. by 12/8
27WCi-05 | **Jan 7-28** (4 wk) | Reg. by 1/5
27WCi-06 | **Feb 4-25** (4 wk) | Reg. by 2/2

2 week Fee: \$50 (Members \$40)

4 week Fee: \$100 (Members \$80)

Independent Study | ND Upper Studio

Uncharted Waters

Ages 18+. An experimental painting journey into watercolor without the pressure of perfection. Rather than focusing on realism, you'll explore the fluid, unpredictable nature of the medium through an abstract lens.

Connect color with emotion, train your eye to capture light and value, and learn the foundations of composition while creating expressive abstract artwork. Experiment with free-flowing concepts, unconventional tools, and unique techniques to develop your own signature brushstroke and mark-making style.

Whether you're new to painting or breaking free from a creative rut, this supportive class invites you to embrace watercolor's beautiful accidents, overcome the fear of the blank page, and channel your inner moods onto paper. **Fee includes some supplies.**

Tuesdays | 10:00a-12:00p

27UW-01 | **Sep 1-22** (4 wk) | Reg. by 8/30
27UW-02 | **Sep 29-Oct 20** (4 wk) | Reg. by 9/27
27UW-03 | **Oct 27-Nov 17** (4 wk) | Reg. by 10/25
27UW-04 | **Jan 5-26** (4 wk) | Reg. by 1/3
27UW-05 | **Feb 2-23** (4 wk) | Reg. by 1/31

\$135 (Members \$110) | Deeanna Villareal | ND Upper Studio

kids CREATE series



COMMUNITY FOUNDATION
OF NORTHERN ILLINOIS

Womanspace is grateful to receive funding from the **Bengt & Mary Kuller Fund of the Community Foundation of Northern Illinois' Community Grants Program** to develop Kids CREATE: Cultivating Resilience, Empathy, Artistry, Tenacity, and Empowerment.

This support will allow us to offer deeper, more accessible programming for elementary and adolescent youth, blending arts, nature, mindfulness, and mentorship while fostering connection, creativity, empowerment, and personal growth.



Creative Exploration Group for Ages 8-11

Classes are \$12 each OR \$40 for each full series. Taught by Denise Henry.

New Dimensions Upper Studio is located behind our main building next to the circle drive.

Series I – \$40 for Full Series (all 4 classes)

Exploration of Self: Who Am I?

Ages 8-11. Young artists will explore what makes them uniquely themselves through a colorful mixed-media "About Me" project. Through drawing, writing, and collage, kids will celebrate their favorite things, feelings, and personal strengths.

27KC-01 | **Saturday | Sep 19 | 12:00-2:00p** | Reg. by 9/17

Personal Relationships: Better Together

Ages 8-11. Young artists will explore friendship, kindness, and belonging through the creation of Friendship Flags. Through art and conversation, kids will practice gratitude and celebrate the connections we build with others.

27KC-02 | **Saturday | Oct 10 | 11:00a-1:00p** | Reg. by 10/8

Community Connection: Inspired by the Natural World

Ages 8-11. What makes a good leader and a strong community? Through collage and self-expression, kids will explore leadership, connection, and the qualities that help bring communities together.

27KC-03 | **Saturday | Nov 21 | 1:00-3:00p** | Reg. by 11/19

Capstone & Showcase: What I Want to Say

Ages 8-16. Kids will come together for a collaborative art project celebrating their individual voices and connections. Using meaningful words, colors, and ideas, young artists will create, exchange, and combine their artwork while reflecting on what their creations represent.

27KT-01 | **Saturday | Dec 12 | 1:00-3:00p** | Reg. by 12/10

Series II – \$40 for Full Series (all 4 classes)

Exploration of Self: Feelings in Color & Form

Ages 8-11. Young artists will explore how creativity can help us express emotions and ideas while building confidence in their own unique ways of expressing themselves.

27KC-04 | **Saturday | Jan 9 | 12:00-2:00p** | Reg. by 1/7

Personal Relationships: Growing Together

Ages 8-11. Kids will explore cooperation, patience, and connection through creativity while learning what it means to create and share space with others.

27KC-05 | **Saturday | Feb 6 | 12:00-2:00p** | Reg. by 2/4

Community Connection: Every Picture Tells a Story

Ages 8-11. Kids will explore the power of their own perspectives and how creative expression can give voice to ideas, experiences, and stories that matter to their communities.

27KC-06 | **Saturday | Mar 6 | 12:00-2:00p** | Reg. by 3/4

Capstone & Showcase: We Come Together

Ages 8-16. Kids will come together to reflect on their creative journeys, celebrate their growth, and recognize their voices and contributions throughout the series.

27KT-02 | **Saturday | Apr 17 | 1:00-3:00p** | Reg. by 3/18

Denise Henry, an artist since childhood, earned a BFA in Fashion Design, graduating Cum Laude from IADT in Schaumburg. With a background in visual arts, Denise has worked in visual merchandising, creative direction, and art education. She published her first book in 2015 and continues to teach art to children, teens, and private adult students.

kids CREATE series



Growth & Creative Leadership Group for Ages 12-16

Classes are \$12 each OR \$40 for each full series. Taught by Laura Gomel.

New Dimensions Upper Studio is located behind our main building next to the circle drive.

Series I – \$40 for Full Series (all 4 classes)

Exploration of Self: Who Am I?

Ages 12-16. Young artists will explore feelings, inner strengths, and what makes each person unique. This session encourages self-expression, curiosity, and confidence through creativity.

27TC-01 | **Saturday | Sep 5 | 1:00-3:00p** | Reg. by 9/3

Personal Relationships: Better Together

Ages 12-16. Young artists will explore communication, collaboration, and what it means to build positive relationships with others through creativity and shared experiences.

27TC-02 | **Saturday | Oct 24 | 1:00-3:00p** | Reg. by 10/22

Community Connection: Inspired by the Natural World

Ages 12-16. Participants will explore creativity, connection, and what it means to care for the people and world around us. This session encourages young artists to consider their relationship with their community and environment.

27TC-03 | **Saturday | Nov 7 | 12:00-2:00p** | Reg. by 11/5

Capstone & Family Showcase: What I Want to Say

Ages 12-16. Participants will come together for a collaborative art project celebrating their individual voices and connections. Using meaningful words, colors, and ideas, young artists will create, exchange, and combine their artwork while reflecting on what their creations represent.

27KT-01 | **Saturday | Dec 12 | 1:00-3:00p** | Reg. by 12/10

Series II – \$40 for Full Series (all 4 classes)

Exploration of Self: Feelings in Color & Form

Ages 12-16. Through creativity and reflection, participants will explore emotions, resilience, and how we respond to challenges while developing a positive growth mindset.

27TC-04 | **Saturday | Jan 23 | 1:00-3:00p** | Reg. by 1/21

Personal Relationships: Making Space for Each Other

Ages 12-16. Young artists will explore communication, relationships, and ways of navigating differences through creativity, reflection, and thoughtful problem-solving.

27TC-05 | **Saturday | Feb 20 | 1:00-3:00p** | Reg. by 2/18

Community Connection: Every Picture Tells a Story

Ages 12-16. Participants will explore the power of their own perspectives and how creative expression can give voice to ideas, experiences, and stories that matter to their communities.

27TC-06 | **Saturday | Mar 20 | 1:00-3:00p** | Reg. by 3/18

Capstone & Showcase: We Come Together

Ages 12-16. Participants of both will come together to reflect on their creative journeys, celebrate their growth, and recognize their voices and contributions throughout the series.

27KT-02 | **Saturday | Apr 17 | 1:00-3:00p** | Reg. by 3/18

Laura Gomel is a painter and arts educator with 40 years of experience, working in acrylic, watercolor, ink, graphite, colored pencil, and pastel. Known for expressive portraits, bold color, and art inspired by popular and ancient cultures, her work is influenced by pop surrealism, Francis Bacon, and Basquiat. She has been a Rockford arts educator since 2010 and teaches children and adults at SmARTy Pants Rockford Kids Art Studio. She also creates commissions, curates exhibitions, leads multimedia events, and provides art consultation. Laura was the 2025 winner of the Deborah Newton Recognition Award.

art scholarships & awards

Womanspace is happy to manage three separate art scholarships for students **plus** an honorary award for an established adult artist. Listed below, you will find information about the purpose of each award, deadline dates, and both age and geographic eligibility. **Specific details and application forms can be found on our website: womanspace-rockford.org.** Anyone interested in supporting creative learning is encouraged to contribute to our high school scholarship fund.

Two distinct awards:

the deborah newton awards

The two Deborah Newton Awards honor the life and artistry of Rockford's own Deborah Newton.

**DEADLINE TO APPLY:
MARCH 17, 5:00 pm**

womanspace-rockford.org/DLN_Awards

*ROCKFORD AREA: Winnebago to the west, Rockton/South Beloit to the north, Belvidere to the east, and New Milford to the south.

1

art experience scholarship for 7th/8th graders

A scholarship to inspire and encourage new young artists.

ELIGIBILITY

Open to any 7th or 8th grade student currently enrolled in public, private or home-school curriculums within the Rockford area*.

PURPOSE

Award recipient will choose an art-making experience with a recognized local artist in consultation with Womanspace.

See details at womanspace-rockford.org

2

recognition award for an established adult artist

An award to recognize an active and established adult artist.

ELIGIBILITY

Open to any active visual artist within the Rockford area* who has been engaged in studio art-making for 12 mo. or more (past or present). Artists may apply themselves or be nominated by anyone.

PURPOSE

This award offers recognition to an adult artist who is actively engaged in the visual arts. Award includes purchase and exhibition opportunities. See details at womanspace-rockford.org



ELIGIBILITY

Open to high school seniors (all genders) at public or private schools in Winnebago, Boone or Ogle Counties. Must have minimum GPA of 3.0 out of 4.0 and a focus on fine arts.

PURPOSE This \$1000 scholarship is awarded to a high school senior who plans to pursue a degree in fine arts (e.g. drawing, painting, sculpture, art education, music, dance, theater or architecture) at a recognized institution of higher learning. See details at womanspace-rockford.org

DEADLINE TO APPLY: APRIL 15

ESTHER SCHENCK Scholarship for the Arts

ELIGIBILITY

Open to adult residents of Winnebago, Boone, Ogle or Stephenson Counties. Applicant must demonstrate a desire to develop creatively on a personal or professional level.

PURPOSE

Established through an endowment from Esther Schenck, this scholarship supports individuals who seek to achieve a definable creative skill. This scholarship is available three times annually to help with costs for a class/program, materials and supplies.

See details at womanspace-rockford.org

**DEADLINES TO APPLY:
JANUARY 31, MAY 31, SEPTEMBER 30.**



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SEP 2026-FEB 2027

Womanspace embraces diversity and strives to create an inclusive, welcoming community for all people. Our space is one of respect, connection, empowerment and kindness, where everyone is valued and encouraged to express their authentic selves.



For up-to-date programs, scan this code with your phone's camera to visit our web site.



COMMUNITY FOUNDATION
OF NORTHERN ILLINOIS

Womanspace appreciates "Kids CREATE" support from the CFNIL Community Grants Program.

Illinois
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Womanspace gratefully acknowledges support from the Illinois Arts Council.

NATIONAL
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for the
ARTS
arts.gov

Womanspace programs are partially supported by a grant from the Illinois Arts Council through federal funds provided by the National Endowment for the Arts.

Important Dates to Remember

- Sep 9 Watercolor Wednesday
- Sep 9 Journaling for Self-Care
- Sep 15 Learn to Play MAHJONG
- Sep 18 One Enchanted Evening: Garden Party & Wine Tasting**
- Sep 25 Gongtopia
- Oct 2-3 Fall ArtScene: On the Road Again**
- Oct 7 *Before the Pause: A Screening & Conversation on Menopause*
- Oct 8 AI for Everyday Life: Understanding & Using
- Oct 8 New Pages: A Generative Writing Workshop w/ Jenna Goldsmith
- Oct 16 "Anything Goes" Art Opening Reception**
- Oct 17 Discover Neurographica
- Nov 2 Discovering Cultural Heritage through Cacao
- Nov 13 Experience India**
- Dec 4-6 "Something About Merry" Holiday Artisan Sale**
- Jan 15 "As the Snow Flies" Art Opening Reception**
- Jan 28 Living the Book: *Find Your Flow* Series
- Mar 13 Spring Luncheon: Visionary Voices w/ Jessica Oladapo, LCPC**

So many new and interesting programs throughout...just open & look!