

Kapiti Women's Centre

Courses for Term 1 2017

Still Only \$15

K.W.C. courses are very popular which means booking is essential.

To register your interest in a course, telephone us or visit the Centre. Your place on the course will be confirmed by payment of a **\$15 fee per course** and any equipment fees incurred. We are unable to give refunds for late cancellations.

Low cost childcare is available during courses, please enquire at the Centre for more information.

Address: 7 Ngahina St, Paraparaumu **Phone:** 04 902 6222 **Website:** www.kapitiwomenscentre.org.nz.

We are open: Monday to Friday 9:00am-3:00pm, during school terms.

Painting & Drawing—the easy way!!

“New” Additional \$15 Equipment Fee

Learn how to paint and draw in a fun way that takes the guess work out of the process. Bring your talents. Learn and discover this new technique with ways of using shading, colour & form. Develop skills you didn't know you possessed!

Fridays, 9.30am-11.30am

A 5 week course beginning 3rd March

Autumn in the Garden

Autumn is a time of rejuvenation in the garden; learn about soil building, green manure, seed sowing, composting, worm farming, and how to make a beautiful and productive garden on a limited budget. Bring lunch & gardening gloves.

A one day workshop

Thursday 6th April 9.30am-2.30pm

“New” Bright Ideas into Successful Businesses

Ready to take the first step into the world of business? Whether you have a hint of an idea, a well formed idea or no idea at all. Learn proven systems and be shown a clear path to launch your business with this modern and fun approach taught by someone who has walked the talk for many years.

Tuesdays, 9.30am-11.30am

A 6 week course beginning 7th March

Harakeke—Flax Weaving

For the complete beginner; this wonderful course will teach you the basics of working with harakeke, combining practical flax weaving with the tikanga integral in this art.

Monday's, 12.30pm-2.30pm

A 6 week course beginning 27th February

Try Clay

Additional \$15 Equipment Fee

A one day workshop for women wanting to have a go sculpting with clay. Participants will create a clay goddess sculpture, which will be fired by your tutor. This course is by artist Jean Kahui.

A one day workshop

Friday 17th February, 9.30am-2.30pm

Wu Tao Dance

Stretch and dance with guided music meditations, art therapy and more. Very gentle movements suitable for all levels of ability.

Thursday's, 12.30pm-2.30pm

A 6 week course beginning 23rd February

Positive Psychology at Home

This presentation will introduce you to the emerging science of positive psychology and show you how to use it at home to enable your family members to flourish. It will provide you with skills and strategies to develop positive habits and relationships within your family. These routines and rituals will help you to build a strong foundation for your family.

**Gold Coin Donation: Monday 20th February
12.30pm-2.30pm**

Feng Shui for Beginners

Using the principles of Feng Shui, learn how to improve the flow of energy throughout your living spaces. Revitalise your home so that it reflects YOU—consciously align your living environments to echo your personal aspirations.

Friday's, 12.30pm-2.30pm

A 3 week course beginning March 24th

Digital Literacy for Laptops and Tablets

Learn your way around your windows laptop or tablet and how to use your windows programme. Develop an understanding about how to keep safe online, useful freeware, using email and social networks. You will also learn about filing and troubleshooting.

NOTE: You need to provide your own laptop with Windows 8 or 10 operating system.

Tuesdays, 12.30pm-2.30pm

A 3 week course beginning February 28th

Intro to Mosaics Additional \$15 Equipment Fee

A great opportunity to learn the basics of this interesting and versatile art form as well as creating your own design. Bring ideas for your design.

Course runs over two sessions:

**Thursday 9th February, 12.30pm-1.00pm
& Friday 10th February, 9.00am-11.30am**

Women Living Well

This programme provides group education for women on how to manage their anger and make positive changes for themselves and their family.

**To enrol in this course, please contact
Kapiti Living Without Violence 298 1404.**

**Cost for this course is set by KLWV.
Mondays, 9.30am-11.30am**

Centre Worker Training

A training programme (7 sessions including 2 x Saturdays) for those who would like to become Volunteer Centre Workers. Centre Workers will be trained to support listeners, develop an awareness of issues that impact on women, and provide giving skills. Come along to an orientation session to learn more:

**Tuesday 7th February, 10.00am-11.30am
OR Wednesday 8th February, 12.30pm-2.30pm**

Kapiti Women's Centre

...a closer look at some of the Kapiti Women's Centre's groups and services.
For more information, please drop in or call us on 902 6222.

Meeting Room Hire

Our lovely new Meeting Room is available for hire to the community. It is equipped with chairs and couches to seat approximately 20 (additional chairs and tables available), whiteboard, kitchenette, heat pump and separate bathroom. It has a ramp for access. We have a sliding scale of cost for hire, please enquire with the administrator.



Free Legal Clinic

Julie Goundar from the Law Connection is available for free legal advice on **Monday mornings** at the Kapiti Women's Centre. Please speak to a centre worker to make an appointment—bookings must be made by Friday of the week prior to your appointment.

Low Cost Child Care

During courses, an experienced caregiver is available to care for children in our onsite crèche. The crèche fee is \$2 per child per hour. This can be paid weekly, or in advance. If paid in advance for a course with 4 or more sessions, you will get one crèche session free. This service **MUST** be booked in advance. Please talk to a centre worker for more information.

Free Counselling Service

A team of dedicated counsellors volunteer their time at KWC, so that we are able to offer you approximately 8 counselling sessions. We are committed to providing a free, safe and confidential service. Please visit the centre to learn more about this service, and to register.

Women Older and Wiser/Wackier! (W.O.W)

A fortnightly gathering for women "older and wiser/wackier" of the community. Join them for a cuppa, discussions, ideas, friendships and outings. Bring your lunch and enjoy a hot drink. This group meets at the Centre **every second Wednesday, from 12.30pm—2.30pm**. There is no need to register and no cost, just come along! First meeting for Term 1 2017 is February 1st.

Massages and Mini Manicures

Beauty Therapist Niccy is here on Wednesday afternoons offering a file and polish, or a head, neck and shoulder massage. Each treatment is \$10, half of which Niccy donates to the KWC. Please phone us for an appointment.

Reiki

Belinda, a Reiki Practitioner, provides 45 minutes Reiki sessions on a Wednesday morning. Each session is \$10 which Belinda donates to the Kapiti Women Centre. Please phone us to make an appointment.

You are very welcome to just drop in for a cuppa, a chat or some time out! We also offer.....

- | | | |
|------------------------------|----------------------------------|-------------------------|
| ♀ Free counselling | ♀ Free pregnancy tests & condoms | ♀ Free library |
| ♀ Info on Community Agencies | ♀ Free clothing cupboard | ♀ Women's opinion files |