

Kapiti Women's Centre

Courses for Term 4 2016

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.

NEW!

Building Creative Confidence Additional \$15 Equipment Fee

Participants need to have attended the Discover Drawing course.

Exploring and experimenting with water-based mediums.

An opportunity to enjoy two days of creativity with step-by-step demonstrations and facilitated workshop time.

Two Day Workshop:

Thursday 20 and Friday 21 October, 9.15am-2.45pm

CLOSED

Try Clay Workshop

Additional \$15 Equipment Fee

A one day workshop for women wanting to have a go sculpting with clay. Participants will produce one clay goddess sculpture.

This course is run by artist Jean Kahui.

Please bring something for a shared lunch.

One Day Workshop:

Thursday 27th October, 9.30am-2.30pm

NEW!

Landscape Design Workshop

A great opportunity to learn about the garden design process and to plan your outdoor space. This workshop will focus on planning smaller spaces. We will also cover: working with an L100 Dig, planning a garden that can be an attractive and conservation ideals.

One Day Workshop:

Tuesday 18th October, 9.30am-2.30pm

COMPLETED

Yogilates

Yogilates incorporates the basic Pilates Mat exercises with Yoga stretches for an easy to follow core strengthening, rejuvenating class for the mind, body & soul. No previous experience required.

Suitable for all ages and any fitness level.

Friday 11th October, 1.30pm-2.30pm

A 6 week course beginning 28 October

COURSE FULL

Parenting Presentation: Positive Psychology at Home

How to use positive psychology at home to enable your family members to flourish. We'll look at skills and strategies to develop positive habits and relationships within your family, to build a strong foundation at home. You and your children can become aware of and utilise your personal strengths and become confident interacting with the world.

Entry by donation, please register.

Monday 31st October 12.30pm-2.30pm

Art in New Zealand Additional \$15 Equipment Fee

A six week course looking at the development of art in New Zealand. This course combines art history with practical exercises to learn and explore the styles and themes of New Zealand Art. We will study key artists across the decades including Goldie, Hodgkins, Page, Binney, Kahukiwa, McCahon, Lye, Whiting, Karaka, Cotton, Hammond and more.

Tuesdays, 12.30pm-2.30pm

A 6 Week course beginning 25th October

NEW!

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.

Mondays, 9.30am-11.30am

To enrol in this course, contact Kapiti Living Without Violence 298 1404. Cost for this course is set by KLWW.

Expressive Painting Additional \$15 Equipment Fee

In this class you'll be encouraged to explore your own individual way of painting. An introduction and exploration of acrylics, the qualities of paint, colour, and different painting techniques such as blending, scumbling, cross hatching and pallet knives, to name a few.

Friday 9th October, 9.30am-11.30am

A 6 week course beginning 28 October

COURSE FULL

NEW!

Christmas Needle Felting Workshop Additional \$15 Equipment Fee

Join us for a relaxing day together learning the basics of needle felting. You'll be guided to create something special for the holiday season, whatever it may mean to you - Angels? A nativity scene? Tree decorations? Summer flowers? You decide! Come along and stretch your creative muscles!

One Day Workshop:

Thursday 15th December, 9.30am-2.30pm

Intro to Te Reo Māori

This 6 week course is for absolute beginners to build their knowledge, gain competence and confidence on the sound system of the Māori language. You will learn the skills to read and write the Māori alphabet, to read and say most Māori names, place names and short phrases. All done within a learner friendly and supportive environment. Join us to start your journey in te reo Māori!

Tuesdays, 9.30am-11.30am

A 6 Week course beginning 25th October

COURSE FULL

Mindfulness for Stress Reduction

An introduction to the practice of mindfulness for daily living, with a focus on stress reduction. We will cover a variety of mindfulness techniques that fit into busy lives and demonstrate how you can use them to cultivate less stress and more well-being. Each week we will discuss a different technique and then practise it together.

Thursdays, 1pm-2pm

A 6 Week course beginning 3 November

COURSE FULL

Infant Massage

A class for women with babies up to 12months old. Come along to class and learn how to massage your baby. You will have the opportunity to share parenting tips and relax with like-minded parents. You will feel well informed after a 5-week course, having learnt more massage with your baby each week until you know a whole-body massage.

Thursdays, 9.30am-11am.

A 5 week course beginning 3rd November

NEW!

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 large meeting room is available for hire to the community. It is equipped with chairs and couches to seat approximately 15 (additional chairs and tables available to accommodate many more), 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

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 groups 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 4 2016 is 12th October.

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..

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

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