

Kapiti Women's Centre

Still Only \$15

Courses for Term 4 2017

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.

'NEW OPENING HOURS' from 16th October, we will be open Monday to Friday 9:00am-4:00pm.



Harakeke—Stage 2

For those who have done the beginner course.

This wonderful course will teach you the next stage of harakeke, you will be weaving different Kete's.

**6 Sessions on a Monday, commencing
October 30th - December 4th, 12 noon to 2.30pm**

Dealing with Anxious Children - Gold Coin Donation



The world we currently live in is a challenging place and we are exposed to many fears, pressures and worries in our daily life. As a result, we are seeing anxiety in children more often. This shows up in poor performance at school, problems with peers, low feelings of self-worth, psychosomatic illness. This course will use strategies and skills from positive psychology to provide your family with ways to enhance their general well-being and with the ability to be resilient when tough stuff happens.

1 Session on a Monday, December 11th, 12.30pm to 2.30pm

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.

**6 Sessions on a Friday, commencing
November 3th - December 8th, 12.30pm to 2.30pm**

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 footwear required. Suitable for any age and any fitness level.

**6 Sessions on a Thursday, commencing
November 9th - December 14th, 1.30pm to 2.30pm**

Landscape Design

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 a modest budget, planning a garden that can be transportable, and conservation ideals.

**'NEW DATE' 2 sessions on a Friday, commencing
October 20th - October 27th, 9.30am to 1pm**



Tibetan Meditation—Evening Course

Learn how to meditate and explore it's benefits: reduce stress, improve focus and concentration, increase self awareness and ability to make good life choices, enhance your sense of happiness and wellbeing.

**6 sessions on a Thursday Evening, commencing
October 26th - November 30th 6.30pm to 8.00pm**

Wet Felting + Additional \$15 Equipment Fee

Learn the basic techniques of this ancient art. Explore the possibilities of wool, create small items to take home each week. Felt has therapeutic benefits—join to benefit from this wonderful craft. This course will give you lots of skills and ideas for you to follow up at home.

**6 sessions on a Tuesday, commencing
October 31st - December 5th, 9.30am to 11.45am**

Mindfulness for Stress Reduction

An introduction to the practise of mindfulness for daily living, with a focus on stress reduction. We will cover a variety of easy mindfulness techniques that fit into busy lives and demonstrate how you can use them to cultivate less stress and more well-being.

**6 sessions on a Tuesday, commencing
October 24th - November 28th 1pm to 2.30pm**

Mosaics + Additional \$15 Equipment Fee

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

**Two Day Workshop:
Wednesday November 8th, 9.30am to 2.30pm
Thursday November 9th, 9.30am to 12 noon**

Art of Ideas + Additional \$15 Equipment Fee

A course combining art history and practice! Contemporary Art is dominated by the ideas that form art movements: environmental art, feminist art, art activism and more. Learn and practice some of these out-of-the-box art ideas with tutor Abby Wendy.

**4 sessions on a Thursday, commencing
November 16th - December 7th, 9.30am to 12.30pm**

Intro to Te Reo

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

**6 Sessions on a Friday, commencing
November 10th - December 15th, 9.30am to 11.30am**



It's Not OK - Free entry

The It's not OK campaign provides a free two and half hour workshop to show people how they can offer help in family violence situations and what kind of helping works best. Workshop includes: Understanding family violence, the signs of family violence, helping those experiencing family violence, what to say and do and how to get more information and support.

1 Session on Tuesday, October 17th, 11am—1.30pm

COURSE FULL

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.



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 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 3 2017 is July 26th.

Massages and Mini Manicures

Beauty Therapist Niccy is here on Monday mornings 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 30 minutes Reiki sessions on a Monday afternoons. 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