

# Kapiti Women's Centre

## Courses for Term 4 2018

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.

**'OPENING HOURS'** Monday to Friday 9:00am-4:00pm.

### Fantail Soap & Balm Making + Additional \$15 Equipment Fee

Join Louise from 'Fantail Soaps and Balms' and learn techniques for making beautiful, healthful and sustainable soaps and balms from natural ingredients.

**One Day Workshop**

**Thursday December 13th, 9.30am to 2.30pm**

### Zumba

Join us for a fun introduction to ZUMBA. Enjoy some great music and dancing, whilst getting a workout. This class is for beginners, but a basic level of fitness is required.

**6 Sessions on a Monday, commencing**

**October 29th—December 3rd, 1pm to 2pm**

**NEW**

### 35 Day Detox Challenge

Hit the reset button on your life and feel more in control. Covering topics such as yoga, healthy eating, feng shui, goal-setting, breath-work and mindfulness. Learning tools to connect to the new and full moon lunar cycle each month to create change, This course will empower you to be present for you and the family.

**5 Sessions on a Thursday, commencing**

**November 1st - November 29th, 9.30am to 11.30am**

### Intro to 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:**

**Thursday October 25th, 9.30am to 2.30pm**

**Friday October 26th, 9.30am to 12 noon**

### Self Defence

This course for all women. Come and learn how to use your mind, body and voice to keep yourself safe. In a fun and supportive environment we aim to empower women's confidence through learning about: The power of mind, body and voice.

**One Day Workshop**

**Tuesday October 30th, 9.30am 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 2nd - December 7th, 12.30pm to 2.30pm**

**NEW**

### Laughter Yoga

This body-mind aerobic exercise class involves deep breathing, stretching, laughter exercises, clapping with joyful chants and a beautifully guided relaxation. Enjoy social connection through laughter, your mood will be raised as the 'joy cocktail' of endorphins are released, you will most likely meet your playful side!

**6 Sessions on a Tuesday, commencing**

**November 6th—December 11th, 10am to 11am**

### Infant Massage

Come along to class and learn how to massage your baby, have the opportunity to share parenting tips with others, 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 and tips on how to keep the massage alive with your child right up to teenage years.

**5 sessions on a Friday commencing**

**November 16th—December 14th, 9.30am to 11.00am**

### 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 Maori alphabet, to read and say most Maori names, place names and short phrases. All done within a learner friendly and supportive environment.

**6 Sessions on a Thursday commencing**

**November 1st—December 6th, 12.30pm to 2.30pm**

### The Parent Survival Guide

**NEW**

This course will empower you, by providing skills to alleviate behavior problems, reduce parenting stress, increase competence and enhance the parent—child relationship. It is specifically designed to increase your child's self control, self confidence, self esteem, creativity and ability to be responsible. At the same time it will make your job as a parent simpler.

**6 Sessions on a Tuesday, commencing**

**November 6th—December 11th, 12.30pm to 2.30pm**

### Girls and Friendships 101- Gold Coin Donation

A workshop for mothers and caretakers of girls aged around 9 - 14.

Friendships can be challenging for girls at this age, as social pressure to conform increases. Learn strategies to support and nurture your daughter's confidence, and help her look after herself as she navigates her way through the challenges that this life stage brings. You will gain skills to help her communicate feelings, navigate conflict and share mistakes as she works to build healthy relationships.

**Monday December 10th, 12.30pm to 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 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**

Kerry Ann Jacobs is available for free legal advice on **Monday mornings 10am to 11am** 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 4 2018 is October 17th.

## **Massages and Mini Manicures**

Beauty Therapist Niccy is here on Monday afternoons offering a file and polish, or a head, neck and shoulder massage. Each treatment is 30 minutes, file and polish is \$12. Head neck and shoulder is \$18, half of which Niccy donates to the KWC. Please phone us for an appointment.

## **Reiki**

Geneya, a Reiki Practitioner, provides 30 minutes Reiki sessions fortnightly on a Thursday morning. Each session is \$10 which Geneya 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