

# Kapiti Women's Centre

## Courses for Term 1 2019

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.

### Harakeke - Flax Weaving

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

**6 Sessions on a Monday, commencing  
March 4th - April 8th, 12.30pm to 2.30pm**

### Strength, Tone and Flexibility

A group environment where, gentle exercise and movement will increase heart rate, flexibility and strength while toning the body.

**6 sessions on a Tuesday commencing  
February 26th - April 2nd, 1.00pm to 2.00pm**

### Who wants to be a Teenager? - Gold Coin Donation

Adults and children alike approach the teenage years with fear and trepidation. This workshop will provide skills and strategies to help parents and their almost-teens begin these years more positively. Harness this knowledge to help your teen become a thinking, feeling and entirely approachable young adult, ready to meet new challenges.

**1 Session on Monday  
February 25th, 12.30pm to 2.30pm**

### Self Watering Garden Bed

Autumn in the garden is a fertile time, good for new beginnings. In this workshop, Hannah Zwartz will demonstrate how to build a self watering garden bed, discuss other gardening basics such as natural pest and disease control, and answer your tricky questions!

**Bring gardening gloves  
One Day Workshop:  
Wednesday March 6th, 10.30am to 1.00pm**

### 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 Thursday, commencing  
February 21st - March 28th, 1pm to 2.30pm**

### Discover Drawing + Equipment Fee

**Please Note: + Additional \$15 Equipment Fee**  
Our very popular art course for absolute beginners is back! This four-week course will give you the opportunity to try out lots of different drawing materials with a new image to take home each week. With step-by-step demonstration you can't go wrong!

**4 sessions on a Friday commencing  
March 1st - March 22nd, 9.30am to 12.30pm**

### Back **A Goddess for your Garden + Equipment Fee**

#### **Please Note: + Additional \$50 Equipment Fee**

A two day workshop where you will learn how to use clay to create "a goddess for your garden". Your finished art work is fired by the tutor, Jean Kahui.  
approx. size: 300mm x 300mm x 400mm

**Bring a shared lunch for this Two Day Workshop:  
Wednesday 3rd & Thursday 4th April, 9.30am to 2.30pm**

### Setting Homework Routines **NEW**

Forcing kids to "learn things" that hold no interest is like forcing a person to eat when they aren't hungry; you can do it, but it will always be a battle for everyone involved. Come along to an interactive course during which we will brainstorm concerns and stress points around homework time. Together we will develop a "toolbox" of skills and strategies to help make home learning a positive and enjoyable time for all involved.

**6 Sessions on a Tuesday commencing  
February 26th - April 2nd, 9.30am to 11am**

### Bioenergetic Exercise

Bioenergetic exercise allows participants to get in touch with tensions and release them through appropriate movement. We will experiment with breathing and movement to release contracted muscles and underlying emotions. We will attend to the way we stand in our feet and how this effects our individual alignment and our ability to 'stand our ground' both emotionally and physically. We will include our voices to express ourselves. Participants need reasonable ability to move, keep their balance in an upright position, be able to bend and do lying down exercises.

**6 Sessions on a Monday commencing  
February 18th - March 25th, 10am to 11am**

### Qigong **NEW**

The practice of Qigong (pronounced 'chee-gong') is about aligning energies, storing of Qi (energy) and allowing it to flow freely through the channels and acupuncture points. Breathing the breath and gentle relaxed movements, blockages and restrictions are released. As a result the body and, just as important, the mind, are able to function with a greater sense of relaxation, flexibility and strength.

**6 Sessions on a Friday commencing  
March 1st - April 5th, 1.30pm to 2.30pm**

**Sorry 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 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 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 1, 2019 is January 30th .

## **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 every second 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