

Kapiti Women's Centre

Still
Only
\$15

Courses for Term 2 2019

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 **NO EFTPOS AVAILABLE**

Expressive Painting + \$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 Monday, commencing
May 6th - June 17th, 9.30am to 11.30am**

Yoga for Beginners

Have you ever wanted to try yoga? This is a great place to begin. Join us for these introductory classes where you will learn how to correctly perform basic yoga poses, and build confidence to begin your yoga career! **Get moving get supple!**

**6 sessions on a Friday, commencing
May 10th - June 14th 10am to 11am.**

NEW

NLP and Mind Skills for Self Mastery

Discover Neuro Linguistic Programming and mind skills.
Gain control over your emotions self talk.
Improve your communication with self and others. Learn how your mind stops you from getting what you want and how to change it.
Create a compelling future and reach your goals.

**6 Sessions on a Friday, commencing
May 17th - June 20th, 12.30pm to 2.30pm**

Crocheting for Beginners + \$15 Equipment Fee

Come and learn to Crochet with Diana, this will be fun and informative, if you have never crocheted before you will learn the basic skills to you need or if you have done it before you can refresh your skills. You can make something unique for you and we can do it all together!

**6 Sessions on a Tuesday, commencing
May 7th - June 11th, 9.30am to 11.30am**

NEW

NEW

Rejuvenation Workshop

A delightful opportunity to nourish yourself and rejuvenate your heart and soul as we explore setting our own heartfelt intention for the day. Coming together through laughter and joy with a Laughter Yoga session, sharing in song, gentle peace instilling movement and breathing through Shibashi Qigong and ending with a beautiful guided relaxation. Float away feeling a sense of renewal and connection.

**One Day Workshop:
Tuesday June 18th, 9.30am to 2.30pm**

Intro to Mosaics + \$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 June 27th, 9.30am to 2.30pm
Friday June 28th, 9.30am to 12 noon**

The Parent Survival Guide

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
May 7th - June 11th, 12.30pm to 2.30pm**

Back

Qigong (pronounced 'chee-gong')

Join in the peace instilling 18 movements of Shibashi 1. You will connect with the feel of your own life force, your chi and with nature's chi as we begin to learn to cultivate this for our holistic wellbeing. Learn to breathe easily from the diaphragm and slow down into 'moments of time'. Great for stress relief and relaxation, quietening the mind.

**6 Sessions on a Thursday commencing
May 16th - June 20th, 1.30pm to 2.30pm**

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 be great listeners, develop an awareness of issues that impact on women and learn option-giving skills. Come along to an orientation session to learn more:

Orientation Sessions

**Thursday May 2nd, 12.30pm to 2.30pm OR Friday May 3rd
9.30am to 11.30am**

**Then 5 sessions on a Thursday commencing May 23rd 9am to
12 Noon & 2 Saturdays May 25th and June 15th
9.00am to 4.00pm**

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, June 24th, 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 9am to 10am** 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. Each session is \$10 which Geneya donates to the Kapiti Women Centre. Please phone us for availability.

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



Low Cost Photocopying