

Kapiti Women's Centre

Courses for Term 3 2019

Still
Only
\$15

K.W.C. courses are very popular which means booking is essential. **NO EFTPOS AVAILABLE**

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 – 3:00pm — School Holidays Monday to Friday 9.00am — 12 noon

NEW Watercolour Painting + \$15 Equipment Fee

Learn to enjoy watercolour and to achieve more control over what you are doing—at the same time achieving a looser freer style. No experience needed. Starting from the colour wheel and how to construct and analyse colours, depth, perspective, light and skin tone. We will look at well known artists and different art styles.

6 Sessions on a Thursday, commencing August 8th - September 12th, 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 Friday, commencing August 9th - September 13th, 1.00pm to 2.00pm

Zumba Easy

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 August 19th - September 23rd, 1pm to 2pm

NEW Using Positive Psychology to take care of yourself as a Mother - Gold Coin Donation

Put your own oxygen mask on first! As Mums we are great at organising and taking care of everyone else, but often forget to nurture and be compassionate with ourselves. This workshop will give you some strategies and ideas to help you to be kind to yourself.

1 Session on a Monday August 12th, 12.30pm to 2.30pm

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 Monday, commencing August 5th - September 9th, 9.30am to 11.45am

Feng Shui for Beginners

Using the principles of Feng Shui, learn how to improve the flow of energy throughout your living spaces. Revitalise your home so that it reflects YOU - consciously align your living environments to echo your personal aspirations.

3 Sessions on a Friday, commencing August 9th - August 23rd, 9.30am to 12 Noon
Follow up Session, September 27th, 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, September 17th, 9.30am to 2.30pm

Ways to Wellness

Each week we will warm up invigorating ourselves holistically and socially connecting through Laughter Yoga. We will then explore a weekly wellness theory topic. Next we will all enjoy coming into alignment with the peaceful energy within us through the beautiful Qi Gong.

6 Sessions on a Tuesday, commencing August 6th - September 10th, 12.30pm to 2.30pm

Parenting with Character Strengths

-Gold Coin Donation

Parenting using Character Strengths will provide you with a powerful way to grow your child into the kind of person that they are meant to be. This workshop will show you ways to notice, develop and utilise strengths to help manage behaviour and strong emotions in a positive way.

1 Session on a Monday, September 23rd, 9.30am to 11.30am

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 August 1st, 12.30pm to 2.30pm
OR Friday August 2nd, 9.30am to 11.30am
Then 5 sessions on a Thursday, commencing August 22nd, 9am to 12 Noon & 2 Saturdays, August 24th and September 14th, 9.00am to 4.00pm

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.



Legal Clinic

The legal clinic is not running at present, however, we do have a range of legal options we can provide for you, just ask a Centre Worker.

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, 2019 is July 24th

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.

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