

Kapiti Women's Centre

Courses for Term 4 2014

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. We are open: Monday to Friday 9:00am-3:00pm during school terms.

To learn more about our tutors, check out kapitiwomenscentre.org.nz/category/courses/meet-our-tutors

HAVE-A-GO Art and Creativity Programme

All ART CLASSES INCUR AN ADDITIONAL \$15 EQUIPMENT FEE

Painting Ourselves: Women and Self-Portraits

This course looks at famous women painters including Frida Kahlo, Tamara de Lempicka and Rita Angus who present their chosen image of SELF to the world. We will practice techniques and tips for painting portraits and work towards creating our own self-portraits while exploring issues of identity and appearance.

Mondays, 9.30am-12pm

A 5 week course beginning 3rd November

Creative Carving

Back by popular demand!! Carve a beautiful and unique sculpture for your garden or indoor environment using hebel stone and simple sculpture techniques.

One Day Workshop

Wednesday 3rd Dec, 9.30am-2.30pm

Intro to Mosaics

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

Course runs over two sessions:

Thursday 23 Oct 9.15am-12.30pm

& Friday 24 Oct 9.30am-12pm

Kitchen Cupboard Cosmetics

Learn to make and use your own natural, ethical and low-cost face, body and hair care products. Experiment with oils, herbs and 'kitchen cupboard' materials to make products such as body scrub, moisturiser, perfume, deodorant and toner.

One Day Workshop

Wednesday 19th November, 9.30am-2.30pm

Discover Drawing

Our very popular art course for absolute beginners is back! This six-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!

Thursdays, 12.30pm-2.30pm

A 6 week course beginning 30th October

Shibori Fabric Dying

Shibori is a Japanese term for a variety of fabric dying techniques. Patterns are made by stitching, folding, clamping and wrapping the fabric. We will explore a variety of these techniques using cold water dyes and 30cm squares of cotton fabric to create many different effects. Each piece is unique! (visit the centre/website to see some examples).

Two Day Workshop

Thurs 11th & Fri 12th Dec, 9.30am-2.30pm

Development and Well Being Courses

Cycle into Summer

Boost your cycling confidence and make riding more fun! This course will cover bike maintenance, cycle safety and effective riding such as correctly using your bike's gears. A great course for beginners, those who've gotten rusty, or those wanting to kick start their training for Kapiti Women's Triathlon!

Tuesdays, 12.30pm-2.30pm

A 4 week course beginning 11th November

Yogilates for Beginners

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 & any fitness level.

Fridays, 1pm-2pm

A 6 week course beginning 31st October

Singing for Beginners

This course aims to empower participants to use their singing voice and develop tonable skills. No previous singing experience needed. Gain a new skill in a relaxed environment.

Thursdays, 9.30am-11.30am

A 6 week course beginning 30th October

Women Living Well

This programme provides group education for women on how to manage their anger and make positive changes for themselves and their family.

Tuesdays, 9.30am-11.30am

Contact Kapiti Living Without Violence 298 1404.

Cost for this course is set by KLWV.

Fearless Speaking: Discover your real voice

This course guides you to find your authentic voice; to make speaking in front of others a conversation, rather than a performance. You will learn ways to look at people and feel calmer, so that you can think better, connect more and be yourself.

Fridays, 9.30am-11.30am

A 6 week course beginning 31st October

Weed Walk: How to fall in love with your weeds

Learn to identify - through taste, sight, smell and feel - several very common "weeds", and learn about their healing qualities, first aid uses and nutritional value. Make and eat a simple meal, make a poultice, a herbal infusion and trial a simple ointment using these plants.

One Day Workshop

Wednesday 5th November,

9.30am-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 new Meeting Room is available for hire to the community. It is equipped with chairs and couches to seat approximately 15 (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.



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 4 2014 is 15th October.

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.

Free Clothing Cupboard

We gratefully accept donations of quality women's and children's clothing and shoes (unfortunately we do not have space for household items). These are then sorted and made available for all women in the community to come and help themselves to what they need.

**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

At the Kapiti Women's Centre we are totally committed to ensuring services are accessible to all women. One of the ways we do this is by subsidising courses. We would appreciate any further contribution you are able to make towards the cost of the education programme. All donations to KWC are tax deductible—please ask for a receipt.