

# Kapiti Women's Centre

## Courses for Term 1 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.

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

### 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 Thursday, commencing  
February 8th — March 8th, 9.30am—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 Monday, commencing  
February 12th — March 19th, 12 noon—2.00pm**

### 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 April 5th, 9.30am to 2.30pm  
Friday April 6th, 9.30am to 12 noon**

### Strength, Tone and Flexibility

**NEW**

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

**5 sessions on a Tuesday commencing  
February 27th - March 27th, 1.00pm to 2.00pm**

**NEW**

### Public Speaking

An interactive course to introduce you a variety of speaking situations such as, an extempore speaking talk, social speeches, relaying information and engaging an audience. Practical exercise to develop confidence in a variety of social situations.

**6 sessions on a Friday, commencing  
February 9th - March 23rd, 12.30pm to 2.00pm**

### Autumn in the Garden

Autumn is a time of rejuvenation in the garden; learn about soil building, green manure, seed sowing, composting, worm farming, and how to make a beautiful and productive garden on a limited budget. Bring lunch & gardening gloves.

**One Day Workshop:  
Wednesday March 21st, 10.30am to 2.30pm**

### The Impressionists + Additional \$15 Equipment Fee

Learn about the famous styles and subjects of the impressionist painters in a class that combines art and art history. Learn tips and techniques for quick, sketchy paintings including plein air - outdoor painting as practiced by the impressionists.

**6 sessions on a Tuesday, commencing  
February 13th—March 20th, 9.30am to 11.30am**

### 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, March 26th, 12.30pm to 2.30pm**

### Bring out the Best in Children, (no matter their age)

**NEW**

Mothers, Grandmothers, Aunts. If you have an active part in raising children, this course will give you practical tools to understand and nurture the unique characteristics of each person in your family. You will learn how to listen deeply to views, thoughts and concerns, set clear boundaries, and be resilient. It will help you establish good relationships across the generations. This course is based on the five strategies of the Virtues Project.

**5 sessions on a Thursday, commencing February 15th—March 15th, 12 noon 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 new 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.



## **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 is January 31st 2018

## **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 \$15 (\$12 for CSC holder). Head, neck and shoulder is \$18 (\$15 for CSC holder) half of which Niccy donates to the KWC. Please phone us for an appointment.

## **Reiki**

Belinda, a Reiki Practitioner, provides 30 minutes Reiki sessions on a Monday afternoons. Each session is \$10 which Belinda 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