

# Kapiti Women's Centre

## Courses for Term 2 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.**

### 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 Tuesday, commencing  
May 22nd - June 26th 9.30am to 11.45am**

### 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 11th - June 15th 10am to 11am.**

### 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 Thursday commencing  
May 10th - June 14th 12.30pm to 2.30pm**

### 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.

**Note there will not be a class on the 19th June**

**6 Sessions on a Tuesday, commencing  
May 22th - July 3rd 1pm to 2.30pm**



### 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 May 15th 9.30am to 2.30pm**

### 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.

**2 Sessions on a Thursday, commencing  
May 10th - May 17th 9.30am to 12 Noon**

### Positive Psychology at Home - Gold Coin Donation

This presentation will introduce you to the emerging science of positive psychology and show you how to use it at home to enable your family members to flourish. It will provide you with skills and strategies to develop positive habits and relationships within your family. These routines and rituals will help you to build a strong foundation at home.

**1 Session on Monday June 25th 12.30pm to 2.30pm**

### Painting & Drawing + Additional \$15 Equipment Fee

Learn how to paint and draw in a fun way that takes the guess work out of the process. Explore hidden talents. Learn and discover this new technique with ways of working using shapes, colour & form. Develop skills you didn't know you possessed!

**Note there will not be a class on the 4th June**

**5 Sessions on a Monday commencing  
May 14th - June 18th 12.30pm 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:

**Thursday May 3rd, 12.30pm to 2.30pm OR Friday May 4th  
9.30am to 11.30am  
Then 5 sessions on a Thursday commencing May 24th 9am to  
12 Noon & 2 Saturdays 9.00am to 4.00pm**

### Taking the hassle out of homework

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 home learning. 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 Friday, commencing  
May 25th - June 29th 12.30pm to 2pm**

# 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 2 is May 2nd 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.

**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