

# Kapiti Women's Centre

## Courses for Term 2 2015

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.**

### Women Living Well (now on Mondays)

### Zumba for Beginners

MONDAY

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

**To enrol in this course, please contact Kapiti Living Without Violence 298 1404.**

**Cost for this course is set by KLWV.  
Mondays, 9.30am-11.30am**

Join us for a fun introduction to ZUMBA. Enjoy some great music and dance whilst getting a workout. This class is for beginners, a basic level of fitness is required. Please wear comfortable sport shoes without a grippy sole (so you can slide and dance!)

**Mondays, 1pm-2pm  
A 6 week course beginning 11th May**

### First Steps in Te Reo

### Meditation:

### Finding a quiet space within

TUESDAY

An informal and inclusive introduction to Te Reo Māori, with an emphasis on building confidence in correct pronunciation. Classes will include games, waiata (songs) and legends to support holistic learning and give the language a practical and meaningful context.

**Tuesdays, 9.30am-11.30am  
A 6 week course beginning 12th May**

Meditation is a way to calm the mind, which allows love and wisdom to flow through. In this course we'll explore 3 pathways to a space of silence and peace, which is often covered over by our thoughts and emotions. This class is suitable for beginners and experienced practitioners alike.

**Tuesdays, 12.30pm-2.15pm  
A 6 week course beginning 12th May**

### Feng Shui Made Easy

### What to do when your child is bullied

WEDNESDAY

Learn to create a healthy home and environment. Use the principles of Feng Shui to improve the connections and flow of energy throughout your living spaces. De-clutter, revitalise, and create living spaces that reflect YOU and your positive intentions.

**Day workshop Wed May 27th, 9.30am-2.30pm  
Followed by a review morning Wed June 24th,  
9.30am-11.30am**

This workshop will explore types of bullying, what makes a bully act the way they do and what responses from parents do and do not work. Come along and learn how to give your child the skills they need to deal with bullying positively, constructively and with confidence.

Entry by  
donation

**Wednesday 10th June  
9.30-12.30**

### Vibrant Body, Vibrant Mind: Bioenergetic Exercise

### Picasso: Passionate Art History & Practical Know-How (\$15 equip fee)

THURSDAY

Bioenergetic exercise allows participants to get in touch with tensions and release them through appropriate movement. We will experiment with breathing and movement to release contracted muscles and underlying emotions. We will attend to the way we stand in our feet and how this affects our individual alignment and our ability to 'stand our ground' both emotionally and physically. We will include our voices to express ourselves. Participants need reasonable ability to move, keep their balance in an upright position, be able to bend and do lying down exercises.

**Thursdays, 9.30am-10.30am  
A 6 week course beginning 14th May**

A unique course combining art history with hands on painting technique and experimentation. Each class explores a period in Picasso's career, then experiments with the techniques he is famed for—from primitivism to cubism and beyond. This course is aimed at beginners but suitable for art lovers at any level.

**Thursdays, 12pm-2.30pm  
A 6 week course beginning May 14th**

### Go Parent

### Discover Drawing (\$15 equip fee)

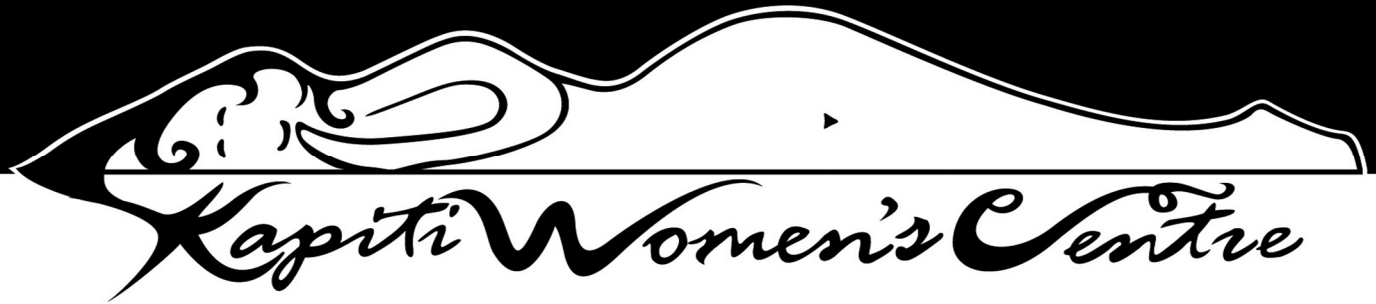
FRIDAY

This course will support you to be the best parent you can be. As well as developing parenting skills, the course will look at how you were parented, and how these experiences impact on your relationships with your children.

**Fridays, 9.15am-12pm  
A 9 week course beginning 8th May**

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!

**Fridays, 12.30pm-2.30pm  
A 6 week course beginning 15th May**



**...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 (additional chairs and tables available, max capacity is 60), 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**

*Julie Goundar from the Law Connection is available for free legal advice on **Monday mornings** 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.*

### **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 2015 is April 22nd.*

### **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.*

### **Massage and Manicure**

*Niccy will be here on Wednesday afternoons offering a file and polish, or head neck and shoulder massages. Each service is \$10, half of which she kindly donates to KWC. Please phone 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**

*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.*