

# Kapiti Women's Centre

## Courses for Term 3 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

### Harakeke Weaving

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**

Learn the basics of working with harakeke, combining practical flax weaving with traditional Māori integral in the design.

**Mondays, 2.30pm-2.30pm**

**A 6 week course beginning 17th August**

**Sorry - course full**

### Needle Felting for Beginners

### Meditation

TUESDAY

Learn the basics of needle felting. Create beautiful birds, fairies, animals and more, then combine them into a unique mobile for you to treasure or give as a special gift.

**Tuesdays, 9.30am-11.30am**

**A 4 week course beginning 11th August**

**NEW!**

Meditation is a way to calm the mind, which allows love and wisdom to flow through. Using meditation we'll explore the challenges and gifts of being more open and present in our relationships.

**Tuesdays, 12.30pm-2.15pm**

**A 6 week course beginning 18th August**

### Spring Gardening

WEDNESDAY

This day long course will get you set for Summer! Make your own personalised garden plan and learn about the basics from Green Gardener Hannah Zwartz. She will cover soil preparation, seed sowing, crop rotation and more. Bring your lunch and your gardening gloves for some hands-on learning.

**A One Day workshop**

**Wednesday August 12th, 9.30am-2.30pm**

### Bringing out the Best in Children

### Belly Dancing

THURSDAY

A course designed to help women develop positive parenting skills and explore ways to bring out the best in their children. Course material is relevant to children of all ages, and discussion will be tailored to fit with participants' circumstances.

**Thursdays, 9.30am-11.30am**

**A 6 week course beginning 13th August**

A class for women of all shapes, sizes and ages to get together and have fun! Angie is an experienced dance teacher who will guide you in learning basic belly dancing movements.

**Thursdays, 1pm-2pm**

**A 6 week course beginning 6th August**

**Sorry - course full**

### Expressive Painting

### Yogilates

FRIDAY

In this class you'll be encouraged to explore your individual way of painting. An introduction and exploration of acrylics, the qualities of paint, brushes, and different painting techniques such as blending, scrubbing, cross hatching and painting knives, to name a few.

**Fridays, 9.30am-11.30am**

**A 6 week course beginning 14th August**

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 7th August**

**Sorry - course full**

*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.*

# 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.



## 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 3 2015 is 22nd July.

## 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.

## Massages and Mini Manicures

Beauty Therapist Niccy is here on Wednesday afternoons offering a file and polish, or a head, neck and shoulder massage. Each treatment is \$10, 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.....**

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|------------------------------|----------------------------------|-------------------------|
| ♀ Free counselling           | ♀ Free pregnancy tests & condoms | ♀ Free library          |
| ♀ Info on Community Agencies | ♀ Free clothing cupboard         | ♀ Women's opinion files |