

Courses for Term 3 2015

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

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 barakete, combining practical flax weaving integral in

> 30pm-2.30pm urse beginning 17th August

Needle Felting for Beginners

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

Meditation

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

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

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 at s to get together and have fun! Angie is an expension teacher who will guide you in the learning

> ursdays, 1pm-2pm A 6 week course beginning 6th August

Expressive Painting

In this class you'll be encouraged to explore y individual way of painting. An introduction of acrylics, the qualities of paint of fr. and different painting techniques such as blooding, scrumbling, cross g, scrumbling, cross t knives, to name a few.

> idays, 9.30am-11.30am A 6 week course beginning 14th August

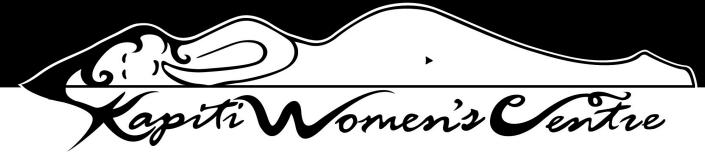
Yogilates

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

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.

WEDNESDAY



...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.....

- ♀ Free counselling
- Free pregnancy tests & condoms
- Free library

- Info on Community Agencies
- Free clothing cupboard
- Women's opinion files