

# Kapiti Women's Centre

## Courses for Term 3 2016

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](http://www.kapitiwomenscentre.org.nz).

**We are open: Monday to Friday 9:00am-3:00pm, during school terms.**

### Women Living Well

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

### 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!

Tuesdays, 9.30am-10.30am  
A 6 week course beginning 9th August

### Needle Felting (this course has an additional \$15 equipment fee)

Learn the basics of needle felting.  
Create beautiful birds, fairies, animals and more.

One Day Workshop:  
Thursday 22nd September 9.30am-2.30pm  
Please bring your lunch

### Harakeke Weaving

Learn the basics of working with harakeke, combining practical flax weaving along with the tikanga integral in this art.

Mondays, 12.30pm-2.30pm  
A 6 week course beginning 15th August

### Vibrant Body, Vibrant Mind: Bioenergetic Exercise

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'll also look at how the way we stand affects our individual alignment and our ability to 'stand our ground' both emotionally and physically.

Thursdays, 9.30am-10.30am  
A 6 week course beginning 11th August

Entry by  
donation

### Parenting Presentation: Positive Psychology at Home

NEW

An introduction to positive psychology and how to use it at home to enable your family members to flourish. We'll look at skills and strategies to develop positive habits and relationships within your family, to build a strong foundation at home. You and your children can become aware of and utilise your personal strengths and become confident interacting with the world.

Entry by donation, please register.  
Monday 8th August, 12.30pm-2.30pm

### What Colour is Your Heart?

NEW

We all have a pool of skills for coping with everyday life but sometimes we get stuck in the mud of repetitive patterns that don't work for us any longer. Let's share our skills and learn some new creative tools including writing, art, mask work and even balloons!

Fridays, 12.30pm-2.30pm  
A 4 week course beginning 12th August

### Art of Ideas

(this course has an additional \$15 equipment fee)

NEW

A course combining art history and practice! Contemporary Art is dominated by the ideas that form art movements: environmental art, feminist art, art activism and more. Learn and practice some of these out-of-the-box art ideas with tutor Abby Wendy.

Thursdays, 12.30pm-2.30pm  
A 6 week course beginning 11th August

### Go Parent

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  
An 8 week course beginning 5th August

### Spring Gardening

Prepare gardens for Spring by learning about seed sowing, garden design and crop rotation, with Green Gardener Hannah Zwartz.

One Day Workshop:  
Thursday 4th August, 9.30am-2.30pm  
Please bring gardening gloves & your lunch

Kapiti Womens Centre 7 Ngahina Street, Paraparaumu  
04) 902 6222 [thekwc@paradise.net.nz](mailto:thekwc@paradise.net.nz) [www.kapitiwomenscentre.org.nz](http://www.kapitiwomenscentre.org.nz)  
Open during school terms: Monday to Friday 9:00am-3:00pm.

# 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 2016 is 27th 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.*

## **Reiki**

*Belinda is a qualified Reiki Practitioner and is available for sessions on Wednesday mornings. Sessions are approximately 45 mins and cost \$10, which Belinda donates back to the Centre. Please phone us for an appointment..*

*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.*