

## Courses for Term 3 2018

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.**

### Strength, Tone and Flexibility

A group environment where, gentle exercise and movement will increase heart rate, flexibility and strength while toning the body.

**6 sessions on a Monday commencing  
August 6th - September 10th, 1.00pm to 2.00pm**

### Spring Gardening

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

**Bring gardening gloves & lunch for this One Day Workshop:  
Wednesday September 12th, 10.30am to 2.30pm**

### Art in New Zealand + Additional \$15 Equipment Fee

Looking at the development of art in New Zealand. This course combines art history with practical exercises to learn and explore the styles and themes of New Zealand Art. We will study key artists across the decades including Goldie, Hodgkins, Page, Binney, Kahukiwa, McCahon, Lye, Whiting, Karaka, Cotton, Hammond and more.

**6 sessions on a Tuesday commencing  
August 7th - September 11th, 9.30am to 11.30am**

### Who wants to be a Teenager?- Gold Coin Donation

Adults and children alike approach the teenage years with fear and trepidation. This workshop will provide skills and strategies to help parents and their almost-teens begin these years more positively.

Harness this knowledge to help your teen become a thinking, feeling and entirely approachable young adult, ready to meet new challenges.

**1 Session on Monday  
September 17th, 12.30pm to 2.30pm**

### NLP for Positive Relationships

This course is about YOU and your relationships. Learn the structure and different patterns within all relationships, how to recover from past relationships and create positive present and new relationships. Learn how to change what's not working and enhance what is.

**5 sessions on a Friday, commencing  
August 10th - September 7th, 12.30pm to 2.30pm**

### 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 and any fitness level.

**6 Sessions on a Thursday, commencing  
August 9th - September 13th, 1.30pm to 2.30pm**

### Try Clay + Additional \$15 Equipment Fee

A one day workshop for women wanting to have a go sculpting with clay. Participants will produce one clay goddess sculpture, which will be fired by your tutor. Run by artist Jean Kahui.

**Bring your lunch for this One Day Workshop:  
Thursday 2nd August, 9.30am to 2.30pm**

### **NEW** Knitting + Additional \$15 Equipment Fee

Learn the basics of knitting, How to read a simple pattern. Casting on and off, as well as basic stitches. Starting off with making your self or a loved one, a woollen scarf.

**6 Sessions on a Thursday commencing  
August 9th—September 13th, 9.30am to 11.30am**

### **NEW** A helping hand with home learning

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 homework time. Together we will develop a "toolbox" of skills and strategies to help make home learning a positive and enjoyable time for all involved.

**4 Sessions on a Tuesday, commencing  
August 28th - September 18th, 12.30pm to 2pm**

### 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 will attend to the way we stand in our feet and how this effects 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.

**6 Sessions on a Friday, commencing  
August 10th - September 14th, 10am to 11am**

# 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 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.



## **Free Legal Clinic**

Kerry Ann Jacobs is available for free legal advice on **Monday mornings 10am to 11am** 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.

## **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 3 2018 is July 25th.

## **Massages and Mini Manicures**

Beauty Therapist Niccy is here on Monday mornings offering a file and polish, or a head, neck and shoulder massage. Each treatment is 30 minutes, file and polish is \$12. Head neck and shoulder is \$18, half of which Niccy donates to the KWC. Please phone us for an appointment.

## **Reiki**

Geneya, a Reiki Practitioner, provides 30 minutes Reiki sessions on a Thursday morning. Each session is \$10 which Geneya donates to the Kapiti Women Centre. Please phone us to make 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