

Kapiti Women's Centre

Still
Only
\$15

Courses for Term 4 2019

K.W.C. courses are very popular which means booking is essential. **NO EFTPOS AVAILABLE**

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.

'OPENING HOURS' Monday to Friday 9:00am – 3:00pm — School Holidays Monday to Friday 9.00am — 12 noon

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! **Get moving get supple!**

**6 sessions on a Thursday, commencing
October 24th — November 28th, 1.30pm to 2.30pm**

Intro to Mosaics + \$20 Equipment Fee

A great opportunity to learn the basics of this interesting and versatile art, as well as creating your own design. Bring ideas for your design. Great Christmas presents.

**Two Day Workshop:
Thursday December 12th, 9.30am to 2.30pm
Friday December 13th, 9.30am to 12 noon**

A Goddess for your Garden + Equipment Fee

Please Note: + Additional \$50 Equipment Fee

A two day workshop where you will learn how to use clay to create "a goddess for your garden". Your finished art work is fired by the tutor, Jean Kahui.

approx. size: 300mm x 300mm x 400mm

**Bring a shared lunch for this Two Day Workshop:
Thursday October 17th & Friday October 18th
9.30am to 2.30pm**

Building Creative Confidence + \$20 Equipment Fee

Back

Exploring and experimenting with acrylic, ink, pastel and charcoal. An opportunity to enjoy four sessions of creativity with step-by-step demonstrations and facilitated workshop time.

**4 sessions on a Thursday, commencing
October 24th — November 14th, 9.30am—12.30pm.**

NEW

Unwind with Music

No musical skills required! Pick a percussion instrument and have a go in some fun musical games and improvisation. How can we communicate through music and make connections? Let's sing songs that have a meaning to us. Let's drum our stress out and leave behind our all day life pressures. Music and making music is not only fun, it is soothing and can release stress. This course is for those who love music and want to experience making music in a way we can be creative and express ourselves in a playful way.

**6 Sessions on a Friday commencing
October 25th — November 29th, 12.30pm to 2.30pm**

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 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.

**6 Sessions on a Monday commencing
November 4th — December 9th, 1pm to 2pm**

Safety Support Group

This group will provide support and education, for women who have or are experiencing family violence / abuse.

**To enrol in this course, please contact
Kapiti Living Without Violence 298 1404.
on a Monday commencing
October 14th — December 16th, 9.30am to 11.30am**

Infant Massage

Come along to class and learn how to massage your baby, have the opportunity to share parenting tips with others, and relax with like-minded parents. You will feel well informed after a 5-week course, having learnt more massage with your baby each week until you know a whole-body massage and tips on how to keep the massage alive with your child right up to teenage years.

**5 sessions on a Tuesday commencing
November 5th — December 3rd, 9.30am to 11.00am**

Fantail Soap Making + \$20 Equipment Fee

Join Louise from 'Fantail Soaps and Balms' and learn techniques for making beautiful, healthful and sustainable soaps from natural ingredients. Great for Christmas presents

**One Day Workshop
Thursday December 5th, 9.30am to 2.30pm**

Watercolour Painting + \$20 Equipment Fee

Learn to enjoy watercolour and to achieve more control over what you are doing—at the same time achieve a looser freer style. No experience needed. Starting from the colour wheel and how to construct and analyse colours, depth, perspective, light and skin tone. We will look at well known artists and different art styles.

**6 Sessions on a Tuesday, commencing
October 29th — December 3rd, 12.30pm to 2.30pm**

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.



Legal Clinic

The legal clinic is not running at present, however, we do have a range of legal options we can provide for you, just ask a Centre Worker.

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 4, 2019 is October 16th.

Massages and Mini Manicures

Beauty Therapist Niccy is here on Monday afternoons 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.

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

♀ Low Cost Photocopying