

# Kapiti Women's Centre

## Courses for Term 1 2020

Still  
Only  
\$15

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 to 3:00pm — School Holidays Monday to Friday 9.00am to 12 noon

### Zumba Easy

Join us for a fun introduction to ZUMBA. Enjoy some great music and dancing, whilst getting a workout. This class is for beginners, but a basic level of fitness is required.

**5 Sessions on a Friday, commencing  
February 28th - March 27th, 1pm to 2pm**

### Painting & Drawing + \$20 Equipment Fee

Learn how to paint and draw in a fun way that takes the guess work out of the process. Explore hidden talents. Learn and discover this new technique with ways of working using shapes, colour & form. Develop skills you didn't know you possessed!

**6 Sessions on a Monday, commencing  
February 24th - March 30th, 12.30pm to 2.30pm**

### 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  
February 25th - March 24th, 9.30am to 11.00am**

### Mindfulness for Stress Reduction

An introduction to the practise of mindfulness for daily living, with a focus on stress reduction. We will cover a variety of easy mindfulness techniques that fit into busy lives and demonstrate how you can use them to cultivate less stress and more well-being

**4 Sessions on a Tuesday, commencing  
February 25th - March 17th, 1pm to 2.30pm**

### 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.

**One Day Workshop  
Thursday, February 20th, 9.30am to 2.30pm**

### 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  
January 27th - April 6th, 9.30am to 11.30am**

NEW

### Primary Years Toolbox

NEW

The Primary years toolbox will support you to develop a strong and loving bond with your child and build your confidence as a parent / caregiver. This toolbox covers a range of topics including the importance of love and connection, different parenting styles, understanding your child and their big feelings, discipline, boundaries, play and lots more.

**6 Sessions on a Friday, commencing  
February 28th - April 3rd, 9.30am to 11.30am**

NEW

NEW

### Centre Worker Training

A training programme (8 sessions including 2 x Saturdays) for those who would like to become Volunteer Centre Workers.

Centre Workers will be trained to be great listeners, develop an awareness of issues that impact on women and learn option-giving skills. Come along to an orientation session to learn more:

#### Orientation Sessions

Thursday February 13th, 12.30pm to 2.30pm

OR Friday February 14th, 9.30am to 11.30am

**Then 6 sessions on a Thursday, commencing February 27th,  
9am - 12 Noon & 2 Saturdays, March 14th and March 28th,  
9.00am to 4.00pm**

### Try Clay + \$20 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 our tutor.

This course is run by artist Jean Kahui

**A one day workshop:  
Tuesday, February 11th, 9.30am to 2.30pm**

### Crocheting for Beginners + \$20 Equipment Fee

Come and learn to Crochet with Diana. This will be fun and informative. If you have never crocheted before you will learn the basic skills you need or if you have done it before you can refresh your skills. You can make something unique for you and we can do it all together!

**6 Sessions on a Thursday, commencing  
February 27th - April 2nd, 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 1, 2020 is January 29th

## **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