

# Kapiti Women's Centre

**Still Only \$15**

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## Courses for Term 3 2020

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

### *Intro to Mosaics + \$20 Equipment Fee*



### *Women and Art + \$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 and your lunch.  
**Two Day Workshop:**  
**Thursday, September 17th 9.30am to 2.30pm**  
**Friday, September 18th 9.30am to 12 noon**

Come and relax into joyful creativity while learning about ways women have inspired art and inspiring women artists. This course blends art history with art play.  
  
**4 Sessions on a Friday commencing**  
**August 7th - August 28th, 9.30am to 12.30pm**

### *Yogilates*

### *Landscape Design*

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 Monday, commencing**  
**August 7th - September 11th, 1.30pm to 2.30pm**

A great opportunity to learn about the garden design process and to plan your outdoor space. This workshop will focus on planning smaller spaces. We will also cover working with a modest budget, planning a garden that can be transportable, and conservation ideas.  
**2 sessions on a Tuesday commencing**  
**September 15th - September 22nd, 9.30am to 1pm**



### *Balancing life as a Mum*



### *Safety Support Group*

To empower you by providing practical tools, ideas and techniques that busy Mums can use themselves at their own pace and in their own space to support them becoming healthy and happy.  
**5 Sessions on a Tuesday, commencing**  
**August 4th - September 1st, 12.30pm to 2.30pm**

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.**  
**commencing Monday**  
**July 20th - September 21st, 9.30am to 11.30am**

### *Knitting + \$20 Equipment Fee*

### *Public Speaking*

Learn the basics of knitting, How to read a simple pattern. Casting on and off, as well as basic stitches. Start off with making a cloth, learning the stitches with cotton then onto yarn making fingerless gloves.  
**6 Sessions on a Thursday commencing**  
**August 6th - September 10th, 12.30pm to 2.30pm**

An interactive course to introduce you to a variety of speaking situations such as, an extempore speaking talk, social speeches, relaying information and engaging an audience. Practical exercise to develop confidence in a variety of social situations.  
**6 Sessions on a Thursday, commencing**  
**August 6th - September 3rd, 10.00am to 11.30am**



### *Feldenkrais*



### *Dealing With Anxious Children - Gold Coin Donation*

In a Feldenkrais class you lie on the floor and are guided through a series of slow simple movements, designed to build awareness about how you currently move, and to offer you more options. Relax, improve flexibility, posture and coordination. Reduce stress and enhance wellbeing.  
**6 Sessions on a Monday, commencing**  
**July 27th - September 7th, 12.30pm to 1.30pm**  
  
**Please note: There is no class on August 17th**  
**Due to tutor being unavailable**

The world we currently live in is a challenging place and we are exposed to many fears, pressures and worries in our daily life. As a result, we are seeing anxiety in children more often. This shows up in poor performance at school, problems with peers, low feelings of self-worth, psychosomatic illness. This course will use strategies and skills from positive psychology to provide your family with ways to enhance their general well-being and with the ability to be resilient when tough stuff happens.  
**1 Session on a Monday, Sept. 14th, 12.30pm to 2.30pm**

**\* Please Note: Courses may be cancelled at anytime due to COVID - 19 \***

# 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**

Wakefields Law is available for free legal advice on **Monday mornings 9am to 10am** at the Kapiti Women's Centre. Please speak to a centre worker to make a 20 minute 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, 2020 is July 22nd.

## **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