

# Kapiti Women's Centre

Still  
Only  
\$15

## Courses for Term 4 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](http://www.kapitiwomenscentre.org.nz).

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

### 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.

**Tutor: Yossarian Fay**

**5 sessions on a Tuesday, commencing  
October 20th - November 17th, 9.30am to 11.00am**

### A Goddess for your Garden + Equipment Fee

**Please Note: + Additional \$55 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.

**Tutor Jean Kahui.**

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

**Bring a shared lunch for this Two Day Workshop:  
Wednesday October 21st and Thursday October 22nd  
9.30am to 2.30pm**

### NEW Herbs for Health and Enjoyment NEW

+ \$20 Equipment Fee

**Experience the Healing Properties of Herbs**

You will be introduced to common herbs and will spend the day experiencing the relaxation and nourishment of herbal footbaths and facials. Followed by preparation of herbal gifts that you can take home. These may include a relaxing bath bomb, moisturising salt scrub and nurturing body butter. **Tutor: Berylla Jones**

**1 Session on Tuesday, December 8th, 9.30am to 2.30pm**

### 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.

**Tutor: Myrna Wannemacher**

**6 Sessions on a Friday, commencing  
October 30th - December 4th, 1.30pm 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.**

**commencing Monday**

**October 19th - December 14th, 9.30am to 11.30am**

### Wet Felting + Additional \$20 Equipment Fee

Learn the basic techniques of this ancient art. Explore the possibilities of wool, create small items to take home each week. Felt has therapeutic benefits join to benefit from this wonderful craft. This course will give you lots of skills and ideas for you to follow up at home **Tutor: Birgit Moffatt**

**6 sessions on a Friday, commencing  
October 30th - December 4th, 9.30am to 11.45am**

### Is your child being bullied? - Gold Coin Donation

We all want our children to be happy, to have good friendships and to deal with challenging situations in a positive, resilient way. This workshop will explore types of bullying, what makes a bully act the way they do and what responses from parents do and do not work. **Tutor: Clare Perkins**

**1 session on Monday, December 14th  
12.30pm - 2.30pm**

### Cycle into Summer

Boost your cycling confidence and make riding more fun! This course will cover bike maintenance, cycle safety and effective riding such as correctly using your bike's gears. A great course for beginners, those who've gotten rusty, or those wanting to kick start their training for Kapiti Women's Triathlon!

**Tutor: Jan Nisbet**

**4 sessions on a Tuesday, commencing  
November 3rd - November 24th, 12.30pm to 2.30pm**

NEW

### Expressive Abstract Painted Collage + \$20 Equipment Fee

NEW

Using acrylics I will lead you through a journey of self expression in this fun hands on class by creating your very own masterpiece. Using simple painting techniques in developing a series of painted abstract works, to form the basis to a one off painted collage.

**No session on November 16th**

**Tutor: Kathy Lyall**

**5 Sessions on a Monday, commencing November 2nd - December 7th, 12noon to 2.30pm**

Sorry Full

Sorry Full

\* 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 (W.O.W)**

A fortnightly gathering for women "older and wiser" 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, 2020 is October 14th.

## **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.

## **Free Assistance Available From a Experience CV Consultant**

Do you need help with updating your CV? Writing a cover letter or preparing for an interview? Contact the Kapiti Women's Centre to arrange a free appointment to talk with Mandy the Consultant .

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 |