

Kapiti Women's Centre

**Still
Only
\$15**

Courses for Term 1 2021

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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

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.

Tutor: Zuri Brudenell

4 Sessions on a Friday commencing

March 5th—March 26th, 1.30pm to 2.30pm

Herbs for Health and Enjoyment + \$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, February 9th, 9.30am to 2.30pm

Expressive Painting + \$20 Equipment Fee

In this class you'll be encouraged to explore your own individual way of painting. An introduction and exploration of acrylics, the qualities of paint, colour, and different painting techniques such as blending, scumbling, cross hatching and pallet knives, to name a few..

Tutor: Kathy Lyall

4 Sessions on a Monday, commencing

February 15th—March 8th, 9.30am to 12.30pm

Qigong for Beginners (pronounced 'chee-gong')

Join in the peace instilling 18 movements of Shibashi 1. You will connect with the feel of your own life force, your chi and with nature's chi as we begin to learn to cultivate this for our holistic wellbeing. Learn to breathe easily from the diaphragm and slow down into 'moments of time'. Great for stress relief and relaxation, quietening the mind.

Tutor: Judith Croner-Small

4 Sessions on a Friday commencing

March 5th—March 26th, 10.30am - 11.30am

Balancing life as a Mum

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.

Tutor: Yossarian Fay

5 Sessions on a Tuesday, commencing

March 2nd - March 30th, 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.

Tutor: Clare Perkins - 1 Session on Monday

March 22nd 12.30pm to 2.30pm

Knitting & Crocheting + \$20 Equipment Fee

You can choose either knitting or crocheting or have a taster of both. Come and relax, have some fun leaning the basics or refresh your skills. You will learn how to read a simple pattern, casting on and off as well as basic stitchers.

Tutor: Diana Gough

6 Sessions on a Tuesday, commencing

March 2nd - April 6th, 12.30pm to 2.30pm

Oamaru Stone carving + \$20 Equipment Fee

NEW

Came to this one-day workshop and find your creative side. Spend the day creating your own design into Oamaru Stone. You will start with a block of stone and carefully re-leaf a shoe box, where you end up with your finished creation is up to you.

Tutor: Donna Clarke - A one day workshop:

Monday March 29th, 9.30am to 2.30pm

Centre Worker Training

A training programme (8 sessions) 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:

Trainer: Louise Waterworth Orientation Sessions

Thursday February 11th, 9.30am - 11.30am

OR Friday February 12th, 12.30pm - 2.30pm

Then February 25th, March 4th & 11th 9am - 12 Noon.

March 18th 9.00am - 4.00pm March 25th & April 1, 9am - 12 Noon. April 8th 9.00am - 4.00pm. April 12th 9am - 12Noon

Mindfulness

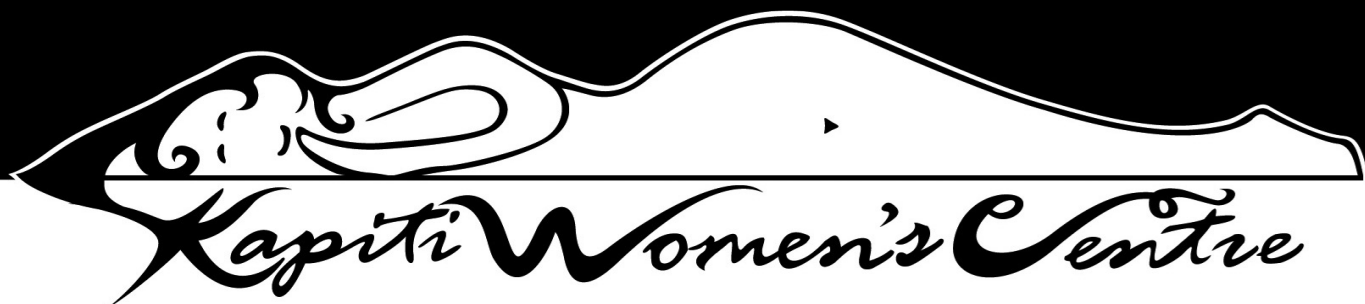
An introduction to the practice of mindfulness for daily living, which carries the benefits of increased ease and wellbeing, reduced anxiety and less identification with stressful thoughts. In the five sessions we will explore a variety of mindfulness practices, with ideas to help you build a practice into your everyday life. There is no religion, dogma or belief system proposed in this retreat. Emphasis is given, not to theory, but to your own experience.

Tutor: Rachel Tobin

5 Sessions on a Monday, commencing

February 15th - March 15th, 1.30pm to 2.30pm

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



...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 **Tuesday 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 1, 2021 is February 3rd 2021

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....

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| ♀ Free counselling | ♀ Free pregnancy tests & condoms | ♀ Free library |
| ♀ Info on Community Agencies | ♀ Free clothing cupboard | ♀ Low Cost Photocopying |