

# Kapiti Women's Centre

Still  
Only  
\$15

## Courses for Term 2 2021

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

### 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 asanas, and build confidence to begin your yoga practice! *Get moving get supple!*

**Tutor: Bianca Begovich**

6 sessions on a Thursday, commencing  
May 27th - July 1st, 9.30am to 10.45am

Sorry Full

### Introduction to beading + \$20 Equipment Fee

Learn the basics of modern jewellery making, including designing and creating a necklace and/ or bracelet, earrings and other beaded items. No experience necessary. Hands on help will be given, in a relaxed atmosphere. Make items for yourself or as gifts.

Run by the CanInspire Charitable Trust.

**Tutor: Kirsty Jackson**

1 Session on Thursday, May 6th, 9.30am to 2.30pm

### Adult Reflexology

Ever wanted to know what Reflexology is about? This course aims to provide opportunities to understand a foot chart, know how the body is reflected in the feet and to learn some techniques (which you will be doing with participants of the course) and a few routines that you can practice on yourself, family or friends.

**Tutor: Yossarian Fay**

6 Sessions on a Thursday, commencing  
May 27th—July 1st, 12.30pm to 2.00pm

Sorry Full

### 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 shades of colour & form. Develop skills you didn't know you possessed!

**Tutor: Kathy Lyall**

5 Sessions on a Friday, commencing  
May 21st - June 25th, 9.30am to 12.30pm

Note: No session June 11th

Sorry Full

### Bioenergetic Exercise

Bioenergetic exercise allows participants to get in touch with tensions and release them through 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 effects our individual alignment and our ability to 'stand our ground' both emotionally and physically. We will use 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.

**Tutor: Shar Cullinane**

6 Sessions on a Tuesday commencing  
May 25th - June 29th, 1pm to 2pm

Sorry Full

### Thrive Group Coaching

This 6 session workshop will guide you to a place of clarity and self-confidence as you make positive, permanent changes in your life. Positive Psychology Coach, Clare, will introduce you to key concepts in positive psychology. You will use tools and group discussion to help you reclaim your values, utilise your strengths and resources, and set goals which enhance your well-being and allow you to thrive.

**Tutor: Clare Perkins**

6 Sessions on a Monday, commencing  
May 10th - June 21st 1.00pm to 2.30pm

Note: No session June 7th

Sorry Full

### 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 love of fitness is required.

**Tutor: Myrna Vannemacher**

6 Sessions on a Friday, commencing  
May 21st - Jun 25th, 1.30pm to 2.30pm

Sorry Full

### Parenting with Character Strengths

- **Gold Coin Donation** — Parenting using Character Strengths will provide you with a powerful way to grow your child into the kind of person that they are meant to be. This workshop will show you ways to notice, develop and utilise strengths to help manage behaviour and strong emotions in a positive way.

**Tutor: Clare Perkins**

### Baby Reflexology

This 6-week course provides you with the basic skills and knowledge of reflexology to help enhance your baby's health and well-being along with helping to cope with some common infant issues. Come and connect with other parents while gaining a tool you can use with all ages and stages.

*The course is best suited for infants under 12 months old.*

**Tutor: Yossarian Fay**

6 Sessions on a Tuesday, commencing  
May 18th—June 22nd, 10.00am to 11.30am

Sorry Full

### Feng Shui for Beginners

Using the principles of Feng Shui, learn how to improve the flow of energy throughout your living spaces. Revitalise your home so that it reflects YOU - consciously align your living environments to echo your personal aspirations.

**Tutor: Rosemary Nelson**

3 Sessions on a Thursday, commencing  
May 13th - May 20th, 9.30am to 12 Noon  
Follow up Session, Date to be confirmed

\* 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 **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 2, 2021 is May 5th.

## **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