

Kapiti Women's Centre

**Still
Only
\$15**

Courses for Term 3 2021

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Only
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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

Girls and Friendships 101- Gold Coin Donation

A workshop for mothers and caretakers of girls aged around 9 - 14. Friendships can be challenging for girls at this age, as social pressure to conform increases. Learn strategies to support and nurture your daughter's confidence, and help her look after herself as she navigates her way through the challenges that this life stage brings. You will gain skills to help her communicate feelings, navigate conflict and share mistakes as she works to build healthy relationships.

Tutor: Clare Perkins

Monday September 20th, 1pm to 2.30pm

Expressive Abstract Painted Collage

+ \$20 Equipment Fee

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.

Tutor: Kathy Lyall

5 Sessions on a Friday, commencing

August 6th - September 3rd, 9.30am to 12.30pm



Mah Jong + \$20 Equipment Fee

Mah Jong is an ancient game played with tiles on a table with 2 - 4 players. Originating in China it was a gambling game. This course is for absolute beginners who have never played before. It teaches you all there is to know about the game basics, including equipment needed, set up, how to play and lots of interesting hands you can use. It also includes the rules, etiquette and basics scoring. **Please Note:** At KWC we will not be gambling for money.

Tutor: Margie Du Bern

4 Sessions on a Thursday, commencing

August 12th - September 2nd, 12.30pm to 3.30pm

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.

Tutor: Yossarian Fay

5 sessions on a Tuesday, commencing

August 10th - September 7th, 9.30am to 11.00am

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 your tutor.

Tutor: Jean Kahui

A one-day workshop:

Thursday, September 16th, 9.30am to 2.30pm

Paper Flower Workshop + \$20 Equipment Fee



Leave your busy lives for a few hours, come and join us for a fun-filled workshop. You will learn how to make a bunch of forever carnations from New Zealand and Italian crepe paper for your home. Your friends will not believe they are not real.

Tutor: Wendy Anderson

Tuesday August 3rd, 9.30am to 1.30pm



Mindful Self Compassion

Mindful Self-Compassion practices can help you to relate to yourself in a kinder way. They can help you dial down the voice of your inner critic leaving you free to live life in a more accepting and kinder way both for yourself and for those around you.

No session on August 26th **Tutor: Annie Broadbent**

6 Sessions on a Thursday, commencing

July 29th - September 9th, 9.30am to 11.30am

Landscape Design

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 ideals.

Tutor: Rosemary Nelson

2 sessions on a Tuesday commencing

September 14th - September 21st, 9.30am to 1pm

Laughter Yoga with Lighthearted Qigong

Step into creating greater wellness through a joyful combination of Laughter Yoga and Lighthearted Qigong with Judith. No special skills required, just an open heart!

Tutor: Judith Croner-Small

6 Sessions on a Monday commencing

August 9th - September 13th, 1.30pm to 2.30pm

Yin Yoga



Yin Yoga is "the other half" of yoga. A slow paced Yoga practice that includes long-held asanas to stimulate the fascia and release tension held deep in the body, de-stressing the mind and re-energizing the soul. A deeply relaxing practice ~ suitable for beginners.

Tutor: Zuri Brudenell

6 Sessions on a Friday commencing

August 6th - September 10th, 1.30pm to 2.30pm

* Please Note: Course numbers are now back up to 12 women per course, but course numbers may be reduced or course 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.



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 3, 2021 is July 28th.

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