

Kapiti Women's Centre

**Still
Only
\$15**

Courses for Term 4 2021

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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

Positive Psychology at Home - Gold Coin Donation

This presentation will introduce you to the emerging science of positive psychology and show you how to use it at home to enable your family members to flourish. It will provide you with skills and strategies to develop positive habits and relationships within your family. These routines and rituals will help you to build a strong foundation at home. **Tutor: Clare Perkins**
Monday December 13th, 1pm to 2.30pm

Wet Felting + \$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 just 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 29th - December 3rd, 9.30am to 11.45am**

Try Clay + \$20 Equipment Fee

A one-day workshop for women wanting to have a go sculpting with clay. Participants will produce one of a goddess sculpture, which will be made by your tutor. **Tutor: Jean Kahui**
**A one-day workshop:
Tuesday October 19th, 9.30am to 2.30pm**

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
October 26th - November 23rd, 9.30am to 11.30am**

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 yoga poses, and build confidence to begin your practice. **Get moving get supple!**
Tutor: Blanca Begovich
**6 sessions on a Thursday, commencing
October 28th - December 2nd, 9.15am to 10.30am**

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 start off with the basics making a Carnation from New Zealand crepe paper then move onto making a Rose from Italian crepe paper for your home. Your friends will not believe they are not real. **Tutor: Wendy Anderson**
**Thursday 9th December, 9.30am to 2.30pm & Friday
10th December 9.30am to 12 Noon**

NEW Living a Healthy Life with long term **NEW** Health Conditions

This course has been developed by Stanford University & has helped thousands of people worldwide to live a fuller life. Maybe it could help you. Do you have a long term health condition? Eg: diabetes, arthritis, depression, stroke, anxiety, fatigue etc. Does it affect your quality of life? Come & learn some new techniques. This course is packed with practical self management techniques to help you regain your life.
Tutors: Natalie Thompson & Suzie Horrobin
**7 Sessions on a Thursday, commencing
October 21st - December 2nd, 12.30pm to 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 a bit rusty or those wanting to kick start their training for Kapiti Women's Triathlon!
Tutors: Sharon Milne & Jan Nisbet
**4 sessions on a Tuesday, commencing
November 2nd - November 23rd, 12.30pm 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 29th - December 3rd, 1.30pm to 2.30pm**

Fantail Soap Making + \$20 Equipment Fee

Join Louise from 'Fantail Soaps and Balms' and learn techniques for making beautiful, healthful and sustainable soaps from natural ingredients.
Tutor: Louise Ludlow
**One Day Workshop
Tuesday November 30th, 9.30am to 2.30pm**

* Please Note: Course numbers are maximum 8 women per course, but 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 4, 2021 is October 20th 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.....

♀ Free counselling



Free pregnancy tests & condoms



Free library

♀ Info on Community Agencies



Free clothing cupboard



Low Cost Photocopying