

Kapiti Women's Centre

**Still
Only
\$15**

Courses for Term 2 2022

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\$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

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 May 19th 9.30am - 11.30am

OR Friday May 20th 12.30pm - 2.30pm

Then Thursday: June 9th, 16th, 23rd, 30th, July 7th 9.30am - 12.30pm . Saturday June 11th & July 2nd, 9.30am - 4.00pm .

Wednesday June 22nd 9.30am - 12 noon.

Dealing With Anxious Children - Gold Coin Donation

The world we currently live in is a challenging place and we are exposed to many fears, pressures and worries in our daily life. As a result, we are seeing anxiety in children more often. This shows up in poor performance at school, problems with peers, low feelings of self-worth, psychosomatic illness. This course will use strategies and skills from positive psychology to provide your family with ways to enhance their general well-being and with the ability to be resilient when tough stuff happens.

Tutor: Clare Perkins

1 Session on a Monday, July 4th 12.00 noon at 2.00pm

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 Friday, commencing

May 13th - June 17th, 9.30am to 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

May 17th - June 14th, 12.30pm to 2.30pm

NEW Watercolour Painting + \$20 Equipment Fee NEW

One of the most relaxing techniques that Caroline has found most enjoyable and quick is the art of watercolour. This is a step by step course on the finer techniques of watercolour. It will provide you with a toolbox of techniques for you to enjoy and paint all the things that you have always wanted to, but didn't know how.

Tutor: Caroline Beaufort

6 Sessions on a Tuesday commencing

May 10th - June 14th, 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, making a garden that can be transportable, and conservation ideals.

Tutor: Rosemary Nelson

2 sessions on a Tuesday, commencing

June 28th & July 5th, 9.30am to 1pm

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

5 sessions on a Friday, commencing

May 27th - July 1st, 1.00pm—2.00pm

NEW Floral Design + \$20 Equipment Fee NEW

Learn techniques of floral design. You will be using artificial flowers for this workshop and won't believe your eyes how good these arrangements look. What you learn in this workshop can be used with both artificial or fresh flowers.

Tutor: Wendy Anderson

1 session on Tuesday, June 21st 9.30am to 12.30pm

Harakeke - Flax Weaving

For the complete beginner; this wonderful course will teach you the basics of working with harakeke, combining practical flax weaving along with the kaitiaki in this art.

Tutor: Liz Symes

6 Sessions on a Monday, commencing

May 16th - June 27th, 12 noon to 2.30pm

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 yoga career! *Get moving get supple!* **Tutor: Bianca Begovich**

6 sessions on a Thursday, commencing

May 19th - June 23rd, 1.15pm to 2.30pm

*** Please Note: Courses could 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.



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, 2022 is May 4th 2022

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