

# Kapiti Women's Centre

**Still Only \$15**

## Courses for Term 3, 2022

**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

### Little Shadow

A five week facilitated support programme to improve the wellbeing and resilience of parents by creating a strong peer support network that fosters long lasting community connections. Together the group will explore their parenting experiences, strengths, values and challenges to collectively develop strategies to enhance their wellbeing.

**To register go to Little Shadow website**

**5 sessions on a Friday, commencing**

**August 5th - September 2nd, 9.30am to 12.30pm**



### Trauma Sensitive Yoga

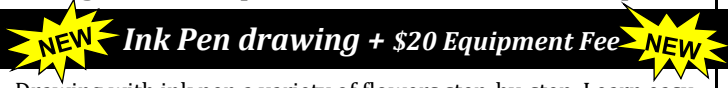


Join Bianca for Trauma Sensitive Yoga sessions to help relieve trauma-related health issues such as low mood, anxiety, insomnia and gastrointestinal problems while also improving emotional well-being and body awareness. The emphasis is not on doing yoga "right", but on cultivating the sense of self which is often compromised as a result of trauma.

**Tutor: Bianca Begovich**

**6 sessions on a Thursday, commencing**

**August 4th - September 8th, 1.15pm to 2.30pm**



### Ink Pen drawing + \$20 Equipment Fee

Drawing with ink pen a variety of flowers step-by-step. Learn easy illustration techniques with light and shadows on your flowers. Vanessa will take you through the process of creating a balanced layout, working towards final projects of ink drawings of a vase of flowers and floral bouquet. **Tutor: Vanessa Owens**

**6 sessions on a Tuesday, commencing**

**August 2nd - September 6th, 9.30am to 11.30am**

### Public Speaking

An interactive course to introduce you to a variety of speaking situations such as, an extempore speaking talk, social speeches, relaying information and engaging an audience. Practical exercise to develop confidence in a variety of social situations.

**Tutor: Sandra Bartlam**

**5 Sessions on a Monday, commencing**

**August 15th - September 12th, 11am to 12.30pm**

### Try Clay + \$20 Equipment Fee

A one-day workshop for women wanting to have a go sculpting with clay. Participants will produce a clay goddess sculpture, which will be fired by your tutor. Bring something to a shared lunch.

**Tutor: Jeann Kahui**

**A one-day workshop:**

**Monday August 1st, 9.30am to 2.30pm**

### 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**

**2 Sessions on a Tuesday commencing**

**September 20th - September 27th, 9.30am to 12 Noon**

### Intro to Mosaics + \$20 Equipment Fee

A great opportunity to learn the basics of this interesting and versatile art, as well as creating your own design.

Bring ideas for your design and a shared lunch.

**Tutor: Gail Lewis**

**Two Day Workshop:**

**Thursday, September 15th, 9.30am to 2.30pm**

**Friday, September 16th, 9.30am to 12 noon**



### Mobile Phone Photography



A hands-on course where you will be using your phone camera (iPhone or Android) each session. Learn how to set up the phone's camera, take photos, how to navigate the menus or editing, sharing and printing your photos. Suitable for beginners or anyone keen to broaden their skills. **Tutor: Margaret Low**

**4 sessions on Tuesday, commencing**

**August 2nd - August 23th, 1.00pm to 2.30pm**

### 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**

**6 Sessions on a Friday commencing**

**August 5th - September 9th 1.30pm to 2.30pm**

### Using Positive Psychology to take care of yourself as a Mother - Gold Coin Donation

Put your own oxygen mask on first! As Mums we are great at organising and taking care of everyone else, but often forget to 'nurture and be compassionate with ourselves. This workshop will give you some strategies and ideas to help you to be kind to yourself. **Tutor: Clare Perkins**

**1 Session on a Monday September 26th, 12.30pm 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 3, 2022 is July 27th

## **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