

Kapiti Women's Centre

Still
Only
\$15

Courses for Term 4, 2022

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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

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 join 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 Monday, commencing
October 31st - December 5th, 12.15pm to 2.30pm**

Is your child been bullied? - Gold Coin Donation

We all want our children to be happy, to have good friendships and to deal with challenging situations in a positive, resilient way. This workshop will explore types of bullying, what makes a bully act the way they do and what responses from parents do and do not work.

Tutor: Clare Perkins

**1 Session on Monday, December 12th,
12.30pm to 2.30pm**

Self Defence

Basic self-defence course looking at defence from standing and ground positions, will also cover conflict avoidance and how to de-escalate situations as well as the tools at your disposal.

Tutor: Lily Moore

**6 sessions on a Friday, commencing
October 28th - December 2nd, 1.30pm 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 Monday, commencing
October 31st - December 5th, 9.30am to 11.30am**

Living a Healthy Life with long term 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 20th - December 1st, 9.30am to 11.30am**

Herbs for Health and Enjoyment + \$20 Equipment Fee

Experience the Healing Properties of Herbs

You will be introduced to common herbs and will spend the day experiencing the relaxation and enjoyment of herbal footbaths and facials. You will be prepared with a range of herbal gifts that you can take home. These may include a relaxing bath bomb, moisturising salt scrub and nurturing body butter.

Tutor: Berylla Jones

1 day on Friday October 21st, 9.30am to 2.30pm

Feldenkrais

In a Feldenkrais class you lie on the floor and are guided through a series of slow simple movements, designed to build awareness about how you currently move, and to offer you more options. Relax, improve flexibility, posture and coordination. Reduce stress and enhance wellbeing.

Tutor: Rachel Tobin

**6 Sessions on a Thursday, commencing
October 27th - December 1st, 1.00pm to 2.00pm**

Paper Christmas Flowers + \$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. Once completed using a pine cone as your base Wendy will show you how to arrange into a table centre piece for your Christmas table. **Note:** this is a craft, involving a lot of hand movement.

Tutor: Wendy Anderson

**2 days, Thursday December 8th & Friday December 9th
9.30am to 2.30pm**

The Circle Way

Women have sat together in circles, often around fires, since the beginning of human time, sharing what they have and what they need. The Circle Way is a timeless, safe and careful way of holding deep conversation about what is important to us. We will address the question... **"What can I do about anxiety and depression?"** The purpose of the conversation is to strengthen us, to share strategies, understanding and clarity, to learn new skills and ultimately to feel less alone with our experiences. Bring a little courage, and a lot of hope. Participation does not require speaking out if that is not easy for you. Deep listening is also a powerful contribution. This course is well suited to those who have already exposed depression or anxiety in counselling... and just as well suited to those who are at the start of their journey. All ages.

Tutor: Vicki Farslow

**6 sessions on a Tuesday, commencing
October 18th - November 22nd, 9.30am to 11.30am**

Art Therapy+ \$20 Equipment Fee

The focus of this group is on individual and group art making. This will involve sharing creativity, experiences, ideas and stories together in ways that explore and strengthen our Hauora (our physical, mental, social and spiritual wellbeing). This is **Not an art class** and you do not need to be 'good at art'. You do not have any special skills to participate. A wide range of different art mediums such as paint, pastels, pencils, clay, collage, and nature-based items will be available. We will be used in playful, enjoyable ways that can strengthen our sense of self, build confidence and help us to explore and discover more about ourselves and others.

Tutor: Judy O'Byrne

**6 sessions on a Tuesday, commencing
October 18th - November 22nd, 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 4, 2022 is October 19th

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