

Kapiti Women's Centre

Still
Only
\$15

Courses for Term 1, 2023

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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

Yin Yoga

Back to you in 5



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

**5 Sessions on a Friday commencing
March 3rd - March 31st, 1.30pm to 2.30pm**

"Mindfulness made easy" - quick and powerful tools to boost your happiness. We'll journey through techniques that are easy to learn and implement in daily life, supporting us in soothing our mind, calming our system and grounding our body within instants. Creating a personalized tool box for those with busy lives to immediately tap back into their calm, centered and magical being.

Tutor: Michelle Kliczkowski **6 sessions on a Tuesday,
commencing February 28th—April 4th, 1.00pm to 2.30pm**



Creative Journalling + \$5 Equipment Fee

Trauma Sensitive Yoga

Making your way home – creative journalling to hear your inner voice. Making marks on paper is part of the human story. Writing our way home is one of the easiest and simplest ways to connect with our inner world and find our centre. Take some time out, tune in, connect with yourself, express some of your inner world on paper. A mix of writing, collage, playing with colour and form. You are your audience. Although we'll meet and work in a group, with some time for sharing, ultimately this is your time for you. I'd love to see you there.

Tutor: Sarah Doherty **6 sessions on a Monday, commencing
February 20th - March 27th, 12.30pm to 2.30pm**

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 February 23rd - March 30th, 1.15pm to 2.30pm**

Infant Massage

Herbs for Health and Enjoyment + \$20 Equipment Fee

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 6 - 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 **6 sessions on a Tuesday, commencing
February 28th—April 4th, 9.30am to 11.00am**

Experience the Healing Properties of Herbs
You will be introduced to common herbs and will spend the day experiencing the relaxation and nourishment of herbal footbaths and facials. Followed by preparation of heral 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 Monday April 3rd, 9.30am to 2.30pm



Fun with Collage + \$20 Equipment Fee

Jaw Dropping Wall Décor + \$20 Equipment Fee



No artistic skills required. A relaxing and fun way to create with paper. We will be creating a landscape from a range of different papers in the morning, then exploring some collage techniques with images in the afternoon.

Tutor: Valerie Roberts
1 day on Tuesday February 14th, 9.30am to 2.30pm

Bold & Beautiful Cardstock (Coloured Cardboard) Flowers. Create dazzling decor for your home, with paper artist 'Wendy Anderson, from Just Imagine the NZ Paper Florist'. Magical, Fantasy, Wall Art.

Note: this is a craft, involving a lot of hand movement.
Tutor: Wendy Anderson
1 day on Monday February 13th, 9.30am to 2.30pm

The Circle Way



Moving Forward with Freedom

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 **7 sessions on a Friday,
commencing February 10th - March 31st, 9.30am to 11.30am**

Free your mind as you head into 2023
Change your beliefs to change your life. Imagine clearing out unhelpful and old beliefs, patterns and behaviours and creating more of what you want, as well as believing you deserve it. Beliefs control our lives and can be overwritten and reset. This workshop will give you an opportunity to ditch the old and create a new - easily and safely. Kimba Lawrence has been a mind-set change practitioner for over a decade using PSYCH-K which reset subconscious beliefs. She is passionate about this modality because of the results achieved. PSYCH-K is a safe, simple and effective method the rewrite the software of your mind in order to change the printout of your life.
Tutor: Kimba Lawrence **6 sessions on a Monday,
commencing February 20th - March 27th, 9.30am to 11.30am**

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 1 2023 - February 1st.

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