

Kapiti Women's Centre

**Still
Only
\$15**

Courses for Term 2, 2023

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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

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.

Sorry Full

Tutor: Myrna Wannemacher
5 sessions on a Friday, commencing
May 12th - June 9th, 1.30pm—2.30pm

Goddess In Your Garden + \$45 Equipment Fee

Please Note: + Additional \$45 Equipment Fee
A two day workshop where you will learn how to use clay to create "a goddess for your garden".

Your finished art works fired by the tutor.
Sorry Full
Tutor: Jean Kahui.

approx. size: 150mm x 150mm x 200mm
Bring a shared lunch for this Workshop
May 1st - May 2nd— 9.30am to 2.30pm

Creative Journalling + \$5 Equipment Fee

As Kapiti Island is to the native birds of Aotearoa, so our own inner Native Sanctuary is to us. Take some time out over the next six weeks, step aside to your own native sanctuary, in the reserve of our safe creative woman space. Restore, regenerate, and revitalise.

Journalling through a mix of writing, collage, painting with colour and form, explore your own inner landscape. 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 Tuesday, commencing
May 9th - June 13th, 12.30pm to 2.30pm

Beginner Yoga

Join Bianca for beginner yoga. Have you ever wanted to try yoga? This is a great place to begin, no prior experience necessary. Join us for introductory classes where you will learn basic yoga poses and build confidence and work towards improving your physical, mental and emotional resilience with these beginner yoga sessions at the Kapiti Women's Centre.

Sorry Full
Tutor: Bianca Begovich
6 sessions on a Monday,
Commencing May 8th - June 19th, 1.15pm to 2.30pm

Introduction to EFT Tapping

NEW

NEW

In today's world there are so many things which demand our attention. It can be easy to become overwhelmed, stress or anxious. Those emotions then play a large part in our lives; from the way we deal with everyday events to the way we heal our bodies. Emotional Freedom Technique (EFT) is a way of helping the body to calm and relax, allowing our minds and our bodies to perform better through a simple technique of tapping on acupressure points and talking. EFT (Sometimes known as tapping) can help with stress, anxiety, pain, emotions, addictions, cravings and more. Come and learn the basics of this life changing self-help tool which you can use in practical ways every day.

NB: This is an introduction course only and isn't a replacement for professional help with any of the issues mentioned

Tutor: Yossarian Fay
2 sessions Monday June 26th and Tuesday June 27th
9.30am to 11am

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 menu for editing, sharing and printing your photos. Suitable for beginners or anyone keen to broaden their skills.

Sorry Full
Tutor: Margaret Low
5 sessions on Thursday, commencing
May 25th - June 22nd, 12.30pm to 2.30pm

Feng Shui For Beginners

Using the principles of Feng Shui, learn how to improve the flow of energy through-out your living spaces. Revitalise your home so YOU - consciously align your living environment to echo your personal aspirations.

Cancelled

Watercolour Painting + \$20 Equipment Fee

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 tool box of techniques for you to enjoy and paint all the things that you have always wanted to, but didn't know how.

Sorry Full

Tutor: Caroline Beaufort
6 Sessions on a Tuesday commencing
May 9th - June 13th, 9.30am to 11.30am

Thrive Group Coaching

This 6 session workshop will guide you to a place of clarity and self-confidence as you make positive, permanent changes in your life. Positive Psychology Coach, Clare Perkins will introduce you to key concepts in positive psychology. You will use tools and group discussion to help you to clarify your values, utilise your strengths and resources, and set goals which enhance your well-being and allow you to thrive.

Sorry Full
Tutor: Clare Perkins
6 sessions on a Monday,
commencing May 8th - June 19th, 9.30am to 11.00am

* 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 2023 - April 26.

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.

Free Legal Service

A lawyer is available for free legal advice every Monday from 10.00am to 11.00am (2 x half hour sessions). A solicitor with BMC Lawyers works with all legal issues. Please contact the Centre to make an appointment

Reiki

This service is available at KWC, please contact the Centre to make 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