



**Still
Only
\$15**

Courses for Term 3, 2023

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Only
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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

NEW

Make Your Own Dream Catcher + \$20 Equipment Fee

Dream catchers can be created in any colours you would like to, the green colour generates a feeling of balance, well being and spiritual connection, that is why it is good to surround yourself with nature. The stones we use are known for emotional and mental healing properties and it helps us to connect with our self and others, the feathers which move in the slightest breeze help to remove and clean the peace around you. Come make a dream catcher and think about our own dreams and realise what does not serve us anymore and enjoy the creativity in a circle of like minded women.

Tutor: Corinne Allan

1 day session—Monday July 24th, 9.30am—2.30pm

NEW

Arts For Wellbeing + \$20 Equipment Fee

This is not an art class. 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). A wide range of different art mediums such as paint, pastels, pencils, clay, collage, and nature-based items will be available. This 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, August 8th - September 12th, 12.30pm—2.30pm

Centre Worker Training

A training programme 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 July 20th, 12.30pm - 2.30pm OR Friday July 21st, 9.30am - 11.30am

Then training August 4th, 9.30am—12pm, August 9th, 9.30am—4pm

August 18th. 9.30am—12pm, August 23rd, 12.30-3pm (practicum)

August 25th and September 1st, 9.30am—12pm

September 6th, 9.30am—4pm

September 22nd, 9.30am—12pm

NEW

Holistic Wellbeing—Te Whare Tapa Whā

NEW

Explore the four pillars of hauora (wellbeing) through, Te whare Tapa whā, framework. The four pillars of our whare (self): taha tinana (body), taha hinengaro (mind), taha wairua (spirit) and taha whānau (relationships). Kim creates a welcoming space for all, to develop foundational tools related to each (taha) pillar, to invigorate a thriving life force (state of mauri ora). She facilitates by blending, mātauranga Māori with ancient modalities of yoga, breathwork, guided meditation, orokoroa (sound healing), waiata and more. Kim believes using "mō toku reo", "all of my languages" and encouraging others to do the same. Recognising that consciousness, permeates through all space and time, and this is what brings every one of us together as one.

Āio ki te Rangī, Āio ki te Papa, Āio ki nga mea katoa ~ Tihei Mauri Ora !

Tutor: Kim Tasker

6 sessions on a Thursday July 27th -August 31st, 1pm - 2.30pm

NEW

Empowering Women Into Work—Koha

NEW

This course is for women wishing to gain ideas, information and confidence around entering work and/or new career paths, course covers discussing barriers to entering work and solutions.. Creating ideas and inspiration on pathways that may not have been considered, what does a positive work environment look like? Start your employment by future planning around work/family. What flexible working options are available to me? You will also learn how to compile and master your own C/V. Bring your laptop!

Tutor: Emma Donnelly

1 day session—Friday August 11th, 9.30am—12.30pm

NEW

Peace Education—Practicing The Art of Kindness

NEW

Prem Rawat has dedicated his life to spreading the message of personal peace. As well as the presentations taken from his speaking events the videos feature both men and women speaking about their experiences of the Peace Education. Learn to better understand yourself, put your problems in perspective, develop resilience and inner strength and to cultivate hope and contentment. This empowering exploration features videos, discussion and reflection all aimed at helping you understand and appreciate your potential.

Facilitator: Vicki Farslow

9 Sessions on a Tuesday, July 25th—September 19th—9.30am—11.30am

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, September 18th - 9.30am to 12.00pm

Zentangle + \$20 Equipment Fee

This creative workshop focuses on drawing zentagonal animals patterns and mandala's. One of the discoveries that Caroline has made through teaching this is the calming aspect of repeated patterns. Also the power of a circle with radiating patterns that symbolise something about ourselves in these patterns.

Tutor: Caroline Beaufort

6 Sessions on a Monday, July 31st - September 4th, 12.30pm to 2.30pm

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 Monday, July 31st - September 11th, 9.30am to 11.30am

NEW

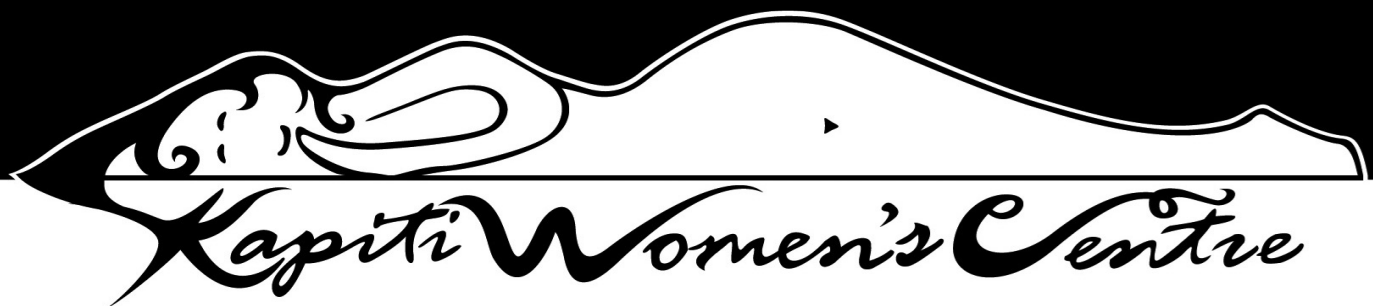
Growing Your Own Portable Garden+ \$20 Equipment Fee

NEW

Learn about how to make, plant up, and care for a portable garden-in-a-bucket. This bucket garden can sit on your kitchen steps, handy to the action, making it easy to grow and pick fresh greens and herbs. You will take the bucket garden home at the end of the course.

Tutor: Hannah Zwart, One day course—Friday September 8th—9.30am—11.30am

*** Please Note: Courses could be cancelled at anytime due to COVID - 19 ***



...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.....

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| ♀ Free counselling | ♀ Free pregnancy tests & condoms | ♀ Free library |
| ♀ Info on Community Agencies | ♀ Free clothing cupboard | ♀ Low Cost Photocopying |