

# Kapiti Women's Centre

Still  
Only  
\$15

## Courses for Term 4, 2023

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](http://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

### Sewing Workshop 1 - Make Your own Trousers + \$20 Equipment Fee

Group sewing lessons with Juli are a fun, practical, and safe place to learn the basics of sewing here on the Kāpiti Coast. And best of all, you'll come home from this workshop with a pair of trousers you've made in class! Juli's group sewing lessons are suitable for beginners through to intermediate sewers.

*Sewing machines, thread, and fabric provided.*

**Tutor: Juli Hunter**

**Make Your Own trousers - Tuesday November 21st, 11.30am - 2.30pm**

### Sewing Workshop 2 - Make Your own Shirt + \$20 Equipment Fee

In Juli's second workshop come and make your own shirt. You do not have to have attended workshop 1, but if you did you can make a shirt to go with your trousers! Juli's group sewing lessons are suitable for beginners through to intermediate sewers.

*Sewing machines, thread, and fabric provided.*

**Tutor: Juli Hunter**

**Make Your Own Shirt - Tuesday November 28th, 11.30am - 2.30pm**

NEW

### Holistic Wellbeing—Te Whare Tapa Whā

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 ~ Tīhei Mauri Ora !*

**Tutor: Kim Tasker**

**6 sessions, Thursdays October 19th - November 23rd  
1pm—2.30pm**

NEW

### Paua Workshop + \$20 Equipment Fee

In this workshop we connect to the myths of Tangaroa and the Paua. We hear how Tangaroa the god of the sea helped the Paua to overcome her difficulties and find her own personal beauty. Participants then each decorate their own Paua with natural material like, shells, pearls and glitter and connect to their own source of personal beauty. Each course attendee will take home 2 decorated Paua which can help individuals to be reminded to be proud of our individual gifts and unique beauty.

**Tutor: Corrine Allen**

**1 Day Workshop, Monday November 27th, 9.30am - 2.30pm**

NEW

NEW

### Intro to Visual Arts (Mixed Media) + \$24 Equipment Fee

This 6-part workshop is perfect for women who are drawn to creating art, enjoy working in a group, and are ready to kickstart or reboot their creative journey. In sessions 1-3 you will explore a variety of medium, materials and tools and begin building a foundation for your creative practice. In sessions 5-6 you will focus on how to produce a cohesive piece of work and add finishing touches. Wananga (discussion) is a powerful aspect of our learning, providing opportunities to connect and see our work through fresh eyes.

Bring an apron or an old shirt you don't mind getting covered in paint.

**Tutor: Ngawini Keelan**

**6 sessions, Tuesdays October 10th to November 14th,  
12.30pm—2.30pm**

NEW

NEW

### Introduction to Somatic Resilience

An introduction to body based skills for building resilience and helping reduce stress and anxiety. This introductory course helps people discover what is already working in their lives, emphasizing strengths and resilience. Participants will learn simple exercises and techniques that can be practiced at home, that build over the course of the 6 week course to a 'toolbox' or basket of resources to reduce stress and increase a sense of embodied resilience.

**Tutor: Julie Forsey.**

**6 Sessions, Tuesdays October 10th - November 14th - 9.30am to 11am**

NEW

### Harakeke Flax Weaving + \$20 Equipment Fee

For the complete beginner; this wonderful course will teach you the basics of working with harakeke, combining practical flax weaving along with the tikanga integral in this art..

**Tutor: Liz Symes**

**6 Sessions, Mondays October 9th to November 20th—9.30am to 11.30am**

### Creative Journalling - Writing Your Way Home + \$5 Equipment Fee

Creative journalling to deepen your conversation with yourself. As we hurtle towards the end of the year, take some time out with a group of caring women. Learn some techniques and tools for using journaling to better understand yourself, to approach your days with more peace and hope, and to nurture your own sweet self. We'll use a combination of personal writing time and group sharing, along with some creative fun. Sarah creates a warm safe space where you can be yourself. Everyone is welcome, from beginner to experienced. **No session November 27th.**

**Tutor: Sarah Doherty**

**5 sessions, Mondays - November 6th, 13th, 20th, and December 4th, 11th -  
12.30pm - 2.30pm**

### Introduction to EFT Tapping

In today's world it can be easy to become overwhelmed 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 day Workshop Commencing Monday December 4th and Tuesday December 5th  
9.30am-11am**

### Infant Massage

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 5-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**

**5 sessions, Fridays October 20th to November 17th  
9.30am—11.30am.**

### Zumba Easy

Join us for a fun introduction to ZUMBA. Enjoy great music and dancing, whilst getting a workout. This class is for beginners, but a basic level of fitness is required.

**Tutor: Myrna Wannemacher. 5 sessions, Fridays November 17th - December 15th, 1.30pm - 2.30pm**

# 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 2023 - October 11th.

## **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 Niccy on 02109048677 for an appointment.

## **Free Legal Service**

A lawyer is available for free legal advice every Monday from 9.00am to 10.00am (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