

# Kapiti Women's Centre

Still  
Only  
\$15

## Courses for Term 1, 2024

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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

### Qi gong

Qi gong is a practice of mindfulness in movement, similar to tai chi, which helps your body and mind to relax, and raises energy and vitality. Over the 6 weeks, we'll practice warm ups, and learn a simple moving form.

**Tutor: Rachel Tobin**

**6 sessions, Monday February 19th - March 25th  
12.30pm - 1.30pm**

### Balancing Life as a Mum

To empower you by providing practical tools, ideas and techniques that busy Mums can use themselves at their own pace and in their own space to support them becoming healthy and happy.

**Tutor: Yossarian Fay**

**4 sessions, Fridays March 1st - March 22nd  
12.30pm - 2.30pm**

NEW

### Disability Awareness

Trish will be offering a course to share her experience and knowledge of living with Cerebral Palsy and to increase disability awareness. This course will include guest speakers to speak about different experiences with disability and aims to answer any questions you might have about the topic.

**Tutor: Trish McQueen**

**4 sessions, Tuesdays March 5th - March 26th  
12.30pm - 2pm**

NEW

### Printmaking + \$20 Equipment Fee

Explore a range of printmaking techniques by creating a lino cut and cutting out the negative spaces to create an image, rolling and printing it onto paper. This is a hands on, physical course. The outcome will be to come away with a series of beautiful handmade prints.

**Tutor: Caroline Beaufort**

**5 sessions, Friday March 1st - April 5th  
(No session Good Friday March 29th)  
9.30am—11.30am**

### Trauma Sensitive Yoga

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, Thursdays February 8th - March 14th  
1.15pm to 2.30pm**

### Goddess for Your Garden + \$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 work is fired by the tutor and will be approximately 150mm x 150mm x 150mm in size.

**Please note: Additional \$45 Equipment Fee.**

**Bring a shared lunch for this workshop.**

**Tutor: Jean Kahui**

**2 sessions, Monday & Tuesday February 12th & 13th.  
9.30am - 2.30pm**

NEW

### Paint Pouring Session 1 + \$25 Equipment

Embark on a colourful adventure in our Paint Pouring Workshop, guided by a passionate tutor. Discover the mesmerizing techniques that turn every canvas into a unique masterpiece. Dive into the world of colour theory, unlocking the secrets of blending, contrast, and harmony.

Our tutor will help you unleash your creative potential.

Enjoy a relaxed, stress-free environment where you can experiment, laugh, and create vibrant art. Join us for a half day of artistic exploration and revel in the joy of paint pouring with our dedicated tutor.

(This workshop is available on either February 9th or February 16th, it is not a 2 part course.)

**Tutor: Aimee Bowden**

**Session 1, Friday February 9th 9.30am - 1pm  
Session 2, Friday February 16th 9.30am - 1pm**

NEW

### Paint Pouring Session 2 + \$25 Equipment

### Journal Your Way Home + \$5 Equipment Fee

Making your way home – creative journaling 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, pause and reconnect with yourself, express some of your inner world on paper.

A mix of writing, and 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, Tuesdays February 27th - April 2nd  
9.30am - 11.30am**

NEW

### Basketry - Looping & Twining+ \$10 Equipment Fee

The first half of the course will be spent learning how to loop wire around rocks. Looping is an easy technique that can be combined with other basketry techniques. While we are using craft wire in this class, the tutor will also demonstrate how other materials such as cotton can be applied as well as giving ideas for other suitable objects.

The second half of the course we are going to be learning twining, a versatile technique that doesn't require any tools apart from your hands. You will learn how to make simple three dimensional shapes/vessels with cotton. Both techniques are fun and addictive once you have found your rhythm, the repeating hand movements are calming and relaxing.

**Tutor: Birgit Moffatt**

**6 sessions, Mondays February 19th - March 25th  
9.30am - 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, 2024 is January 31st.

## **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 second 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

**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