



**Still Only \$15** **Still Only \$15**

## Courses for Term 2, 2024

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).

**Zentangle + \$20 Equipment Fee** **Baby reflexology**

This creative workshop focuses on drawing zentagonal animals, patterns and mandalas. 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, Monday May 13th - June 24th  
 No Class on June 3rd, King's Birthday  
 12.30pm - 2.30pm

This 4-week course provides you with the basic skills and knowledge of reflexology to help enhance your baby's health and well-being, along with helping to cope with some common infant issues. Connect with other parents while gaining a tool you can use with all ages and stages.  
*This course is best suited to infants under 12 months.*  
**Tutor: Yossarian Fay**  
 4 sessions, Mondays June 10th - July 1st.  
 9.30am - 11am

**The Circle Way** **Centre Worker Training**

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 questions... "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 at the start of their journey.  
**Tutor: Vicki Farslow**  
 6 sessions, Tuesdays April 30th - June 4th  
 9.30am - 11.30am

A training programme (8 sessions) 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.  
**Tutor: Louise Waterworth**  
**Orientation Sessions:**  
 Monday April 29th, 9.30am - 11.30am  
 OR Tuesday April 30th, 12.30pm - 2.30pm  
**Training Dates: Wednesday May 8th, 10am-1pm**  
 Wednesday May 22nd, 9am - 4pm  
 Friday May 31st, 9.30am - 12.30pm  
 Wednesday June 5th, 12.30pm - 3pm  
 Friday June 7th, 9.30am - 12.30pm  
 Tuesday June 11th, 12.30pm - 2.30pm  
 Wednesday June 19th, 9am - 4pm  
 Friday June 21st, 9.30am - 12.30pm.

**Holistic Wellbeing - Te Whare Tapa Whā** **NEW Creative Yoga and Wellbeing Workshop + \$5 Equipment Fee**

Explore the four pillars of hauora 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.  
**Tutor: Kim Tasker**  
 6 sessions, Thursdays May 9th - June 13th,  
 1pm - 2.30pm

Press pause and recharge. Come along to a fun and relaxing Yoga workshop offering different tools to support your well-being. You will experience a variety of breathing sequences to calm your mind, gentle yoga to stretch and create balance, and we will end with Breathe & Draw, a form of meditation using only pen and paper. This workshop is for anyone who wants to improve their health and well-being, yoga beginners are welcome.  
**Tutor: Anja Wilhelmer**  
 1 day Workshop, Friday May 10th, 9.30am - 12.30pm

**NEW Growing Older With Ease & Vitality** **NEW Mandala Stone Painting + \$20 Equipment Fee**

How do you want to approach growing older as a woman? There is no escaping this process and it is now our turn to be in this stage of life. This course offers a chance to explore any limiting beliefs and concerns as we head toward aging and to do it with ease, vitality and confidence. It is our beliefs that limit us or enable us to do this phase of our life well and with enjoyment. We need to value where we are at. Subconscious beliefs can be reset easily and quickly with the modality Kimba has been working with for over a decade. Join her for a refreshing look at growing older with ease.  
**Tutor: Kimba Lawrence**  
 4 Sessions, Mondays May 6th - May 27th  
 9.30am to 11.30am

In this Mandala Workshop you will learn how to make Mandalas made up of geometric shapes & dots. We can use Mandala rock painting to relax our overworked minds, helping us release stress or use it as a meditative tool. Mandala Rock painting has become very popular and is suitable for beginners or more advanced artists. In this workshop you will paint your own Mandala Rock you then can take home. You will learn Mandala paint techniques while meeting like minded women and having great fun.  
 All Art material will be provided.  
**Tutor: Corinne Allen**  
 1 Day Workshop, Tuesday June 25th, 9.30am - 2.30pm

**NEW Your life, Your Way +\$10 Equipment Fee** **NEW Clothing Repair Workshop+ \$5 Equipment Fee**

Get clear about how you want to feel in your Life, and what to do to get more of what you want and less of what you don't want. A fun, practical workshop with tools and takeaways for everyday life. Includes journaling, collage, ink, paint and Emotional Culture Deck.  
**Tutor: Sarah Doherty**  
 1 Day Workshop, Friday May 24th  
 9.30am - 2.30pm

Come along and learn how to make simple repairs on your clothes. We'll cover repairing torn seams and holes, learning the skills to fix them in an easy, straightforward way. Just bring along the garments that you'd like to repair, and I'll show you how to make them look new again! This is a fun, practical, supportive class, suitable for all ages and skill levels. Everything that you'll need (aside from your clothes) is provided.  
**Tutor: Juli Hunter**  
 1 Day Workshop, Tuesday June 18th  
 10.30am - 1.30pm



...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 2024 - May 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 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