



Kapiti Women's Centre

**Still
Only
\$15**

Courses for Term 3, 2024

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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.

<i>Wet Felting + \$20 Equipment Fee</i>	<i>Qi Gong</i>
<p>Learn the basic techniques of this ancient art. Explore the possibilities of wool, create small items to take home each week. Felt has therapeutic benefits, join to benefit from this wonderful craft. This course will give you lots of skills and ideas for you to follow up at home.</p> <p style="text-align: center; font-size: small;"> Tutor: Birgit Moffatt 6 sessions, Tuesdays, July 30th - September 3rd, 9.30am to 11.45am </p>	<p>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.</p> <p style="text-align: center; font-size: small;"> Tutor: Rachel Tobin 6 sessions, Fridays August 9th - September 13th 12pm - 1pm </p>
<i>Dreamcatcher Workshop + \$20 Equipment Fee</i>	<i>The Magic of Motherhood</i> ★ NEW
<p>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.</p> <p style="text-align: center; font-size: small;"> Tutor: Corinne Allen One day workshop, Tuesday September 17th 9.30am - 2.30pm </p>	<p>The Magic of Motherhood is a 9-week course designed to help mothers find joy and fulfillment in their motherhood journey. It covers various topics like self-care, ancestral healing, and creating a support network. The course emphasizes that motherhood is a transformative experience and helps mothers embrace the challenges and beauty that come with it.</p> <p style="text-align: center; font-size: small;"> Tutor: Amy Masters 9 sessions, Mondays, July 29th - September 23rd 1pm - 2pm </p>
<i>Your Life, Your Way + \$10 Equipment Fee</i>	<i>Living a Healthy Life with Long Term Health Conditions</i>
<p>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.</p> <p style="text-align: center; font-size: small;"> Tutor: Sarah Doherty One Day Workshop, Tuesday September 10th 9.30am - 2.30pm With follow up session Tuesday September 24th 9.30am - 11.30am </p>	<p>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.</p> <p style="text-align: center; font-size: small;"> Tutors: Natalie Thompson & Suzie Horrobin 7 Sessions on a Monday, July 29th - September 9th, 9.30am to 12pm </p>
<i>Holistic Wellbeing - Te Whare Tapa Whā</i>	
<p>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.</p> <p style="text-align: center; font-size: small;"> Tutor: Kim Tasker 6 sessions, Thursdays August 1st - September 5th, 1pm - 2.30pm </p>	
<i>Infant Massage</i>	<i>Clothing Repair Workshop+ \$5 Equipment Fee</i>
<p>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.</p> <p style="text-align: center; font-size: small;"> Tutor: Yossarian Fay 5 sessions, Fridays August 2nd to August 30th 9.30am—11am. </p>	<p>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.</p> <p style="text-align: center; font-size: small;"> Tutor: Juli Hunter 1 Day Workshop, Wednesday August 28th 10.30am - 1.30pm </p>



...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 3 2024 - July 24th.

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.

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