

**Still
Only
\$15**

Courses for Term 4, 2024

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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

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 made by the tutor and will be approximately 150mm x 110mm x 150mm in size.

Please note: Additional \$45 Equipment Fee.

Bring a packed lunch for this workshop.

Tutor: Jean Kahui

**2 Day Workshop, Monday/Tuesday October 21st & 22nd
9.30am - 2.50pm & 9.30am - 2pm**



Art for the Heart + \$20 Equipment Fee

Come on a guided Artistic Therapy Journey. Using a watercolour wet on wet painting technique we will explore a seasonal tree each session with colour, mood and movement. This is all about enjoying the fluidness of water and paint as a relaxing meditative practice. Watercolour painting offers a way to connect with your heart, combining artistic technique with personal expression. No experience necessary, everyone is welcome.

Tutor: Jenny Bain

**6 sessions, Fridays, October 25th - November 29th
9.30am - 11.30am**



Nonviolent Communication

This course is for all Wāhine who wish to learn communication skills to enhance harmonious relationships. Nonviolent Communication (NVC) is a four step model grounded in human needs. Specific skills include, learning to empathise with clear boundaries (instead of becoming a 'caretaker'), interrupting reactive patterns such as shouting, dissociating and numbing (stemming from stress responses). A focus will be given to self-care practices, helping wāhine speak more kindly to themselves.

Tutor: Anna Groves

**6 sessions, Tuesdays, November 5th - December 10th
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, October 31st - December 5th
1.15pm - 2.30pm**

Watercolour Painting + \$20 Equipment Fee

This course will offer skills in a range of watercolour techniques. You will be able to create a work based on a selected image. We will be focusing on still life to begin with then branching out further with a particular focus on loved pets or native birds.. It is a 5 step course on the finer techniques of water colour. We will provide you with a tool box of techniques for you to enjoy and paint all the things that you have always wanted to, but didn't know how.

Tutor: Caroline Beaufort

**6 sessions, Mondays, November 4th - December 9th
12.15pm - 2.15pm**



Meditation and Mindfulness for Wellbeing

Gain an understanding of what Meditation and Mindfulness can offer you, and clarify your current mental/emotional and physical needs and preferences. Expand your capacity to gently look inward. By beginning to make friends with our mind we can practice further empowering ourselves in choosing the focus for our attention in the moment, which increases our self-awareness, self-compassion, and wise intuition.

Tutor: Geraldine Reid

**6 sessions, Tuesdays, November 5th - December 10th
1pm - 2.30pm**

Feng Shui For Beginners

Using the principles of Feng Shui, learn how to improve the flow of energy throughout your living spaces. Revitalize your home so that it reflects YOU - consciously align your living environments to echo your personal aspirations.

Tutor: Rosemary Nelson

**2 sessions, Fridays, December 6th & December 13th
9.30am - 12pm**



Visible Clothing Repair Workshop +\$5 Equipment Fee

Embrace the repair process and make your clothing unique to you! This class is the perfect blend of learning practical clothing repair skills, celebrating sustainability, and letting your creative side run wild. Just bring along your clothing that needs a bit of love and care; all of the fabric pieces and embroidery threads are provided. This friendly and supportive class is suitable for all ages and skill levels.

Tutor: Juli Hunter

**One Day Workshop, Friday, October 18th
10.30am - 1.30pm**

Introduction to Hand Reflexology

Hand Reflexology is a fantastic self-care tool which can help release stress and encourage balance in the body. Reflexology can also help pacify chronic pain, revitalize energy and enhance your overall sense of well-being. Come and enjoy a morning of learning the basics of hand reflexology. You'll leave with a tool for life, and some great self-care knowledge which you can also share with others.

Tutor: Yossarian Fay

**One Day Workshop, Monday, December 16th
9.30am - 12pm**

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 2024 - October 16th.

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.

Ayurvedic Facial Massage and Reiki

These services are 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