

Courses for Term 1, 2025

Still
Only
\$15

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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

Centre Worker Training

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 February 3rd, 9.30 - 11.30am,

OR Tuesday February 4th, 12.30 - 2.30pm

Training 1: Tuesday February 25th, 9.30am – 12.30pm

Training 2: Friday February 28th, 9.30am – 3pm

Training 3: Tuesday March 4th, 9.30am – 12.30pm

Training 4: Friday March 7th, 12.30pm – 2.30pm

Training 5: Tuesday March 11th, 9.30am – 12.30pm

Training 6: Friday March 14th, 12.30pm – 2.30pm

Practicum: Tuesday March 18th, 9.30am – 12.30pm

Training 7: Friday March 21st, 9.30am – 3pm

Training 8: Tuesday March 25th, 9.30am – 12.30pm.

Paint Pouring + \$35 Equipment Fee

Embark on a colourful adventure guided by a passionate tutor. Discover the mesmerizing techniques that turn every canvas into a unique masterpiece. Dive into the world of colour-theory, uncover the secrets of blending, contrast, and harmony. Our tutors 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 creating 2 canvases with our dedicated tutor.

Tutor: Aimee Bowden

1 Day Workshop, Friday February 14th, 9.30am - 1pm

Empowering Women into Work

This course is for women wishing to gain ideas, information and confidence around entering work and/or new career paths. We will discuss barriers to entering work and solutions, creating ideas and inspiration on pathways that may not have been considered, and what a positive work environment looks like. Start your employment by future planning around work/family. You will also learn how to compile and master your own C/V. Bring your laptop!

Tutor: Emma Donnelly

2 sessions, Mondays, March 24th & March 31st, 9.30am - 12.30pm

Acrylic Painting Workshop +\$30 Equipment Fee

This course will offer a range of practical skills in painting techniques. Caroline will work with her students to establish their subject matter, media, and techniques that they would like to learn. They will work with them to build up these skills. Some of the techniques that will be covered are glazing, layering, blending, colour theory, colour mixing, cropping, and stencilling. The painting media offered in this course is oil and acrylic techniques. Subject matter can be anything from local landscapes, to portraits or loved pets.

Tutor: Caroline Beaufort

1 Day Workshop, Friday April 4th, 9.30am - 2pm

Holistic Wellbeing - Te Whare Tapa Whā

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, February 27th - April 3rd
1pm - 2.30pm**

Watercolour Workshop +20 Equipment Fee

This course will offer skills in a range of watercolour techniques, working towards creating a work based on a selected image. We will be focusing on still life first, then branching out with a focus on painted pets or native birds.

It is a step by step course on the techniques of watercolour. It will provide a tool box of techniques for you to enjoy and paint all the things you have always wanted to but didn't know how.

Tutor: Caroline Beaufort

1 Day Workshop, Friday February 7th, 9.30am - 2pm

Start How You Mean To Go On + \$10 Equipment Fee

New year, new week, new opportunity to focus on what really matters to you. Journaling is such a great tool to help us as we align on what's important, and recalibrate over time. Writing, making, sharing together, come away feeling inspired and encouraged.

Tutor: Sarah Doherty

3 Sessions, Mondays, February 10th, 17th, & 24th, 9.30am - 12.30pm

Creative Yoga & Wellbeing+ \$5 Equipment Fee

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

One Day Workshop, Monday March 3rd, 11am- 2pm

Neurographic Art Workshop +\$20 Equipment Fee

Neurographic Art is a simple art form and an enjoyable drawing experience. Neurographic Art is accessible to everyone and does not require prior artistic experience. Neurographic Art enables everyone to express their emotions in a secure and nonverbal way. Through Neurographic Art, we experience deep relaxation after around 10 minutes of drawing. Neurographic Art enables us to express our emotions while creating amazing art in a fun and easy way.

Tutor: Corinne Allan

**One Day Workshop, Tuesdays, April 1st
9.30am - 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 1 2025 is January 29th.

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