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Only  
\$15

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## Courses for Term 2, 2025

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).

**'OPENING HOURS'** Monday to Friday 9:00am to 3:00pm — School Holidays Monday to Friday 9.00am to 12 noon

### Discover Yourself

This short course adapted from Julie's 12 session My Life Programme is for women seeking to realign to themselves as they enter a new phase or for women who are wanting to begin a journey in self development and awareness. Self development tools are used to create the foundation necessary for making better decisions, creating daily self-loving behaviours, and actioning goals. Outcomes include an increased sense of confidence and resilience; customised tools for future use; a base for further self development work; and movement towards life harmony.

**Tutor: Julie Phillips**

**6 sessions, Mondays, May 5th - June 16th, 9.30am - 11.30am**  
(No session June 2nd, King's Birthday)

### The Point of Feeling

This workshop will offer insight into how all feelings and sensations support us to live more empowered lives. The more we can welcome feelings and see that they are a tool to help guide us, the more we can uncover what we really want. Feelings help us know we are alive. They are constantly in motion. However, there are times when feelings are overwhelming and it is in these moments that we can resist our feelings and look to numb them. This workshop will help you 'befriend' and understand the point of feeling.

**Tutor: Anna Groves**

**1 Day Workshop, Tuesday, June 17th, 9.30am - 2.30pm**

### Zumba for Beginners

Join us for a fun introduction to ZUMBA. Enjoy great music and dancing, whilst getting a workout. This class is for beginners, but a basic level of fitness is required.

**Tutor: Myrna Wannemacher.**

**5 sessions, Fridays, May 2nd - May 30th, 1.30pm - 2.30pm**

### EFT Tapping

In today's world it can be easy to become overwhelmed or anxious. Those emotions then play a large part in our lives; from the way we deal with everyday events to the way we heal our bodies. Emotional Freedom Technique (EFT) is a way of helping the body to calm and relax, allowing our minds and our bodies to perform better through a simple technique of tapping on acupressure points and talking. EFT (Sometimes known as tapping) can help with stress, anxiety, pain, emotions, addictions, cravings and more. Come and learn the basics of this life changing self-help tool which you can use in practical ways every day. **NB: This is an introduction course only and isn't a replacement for professional help with any of the issues mentioned**

**Tutor: Yossarian Fay**

**2 sessions, Monday/Tuesday, June 23rd/24th, 9.30am - 12pm**

### 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 5 weeks, we'll practice warm ups, and learn a simple moving form.

**Tutor: Rachel Tobin**

**5 sessions, Tuesdays, May 6th - June 3rd, 12.30pm - 1.30pm**

### 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 Moffat**

**6 sessions, Mondays, May 5th - June 16th, 12.30pm - 2.30pm**  
(No session June 2nd, King's Birthday)

### 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, May 15th - June 19th**  
**1.15pm - 2.30pm**

### Women's Circle

The circle of sisterhood is a safe space for women to share their experiences, a place where they can rest from the busyness of their lives and are accepted just as they are by other women. We gather in a circle to connect with our truth, to express it and to witness other women expressing it. This can be an empowering experience, where all that arises is welcomed and celebrated.

**Tutor: Lorraine Joy**

**6 sessions, Fridays, May 2nd - June 6th, 9.30am - 11.30am**

### Mandala Stone Painting + \$20 Equipment Fee

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 Allan**

**1 Day Workshop, Friday June 13th, 9.30am - 2.30pm**

### Fantail Soap Making + \$20 Equipment Fee

Join Louise from 'Fantail Soaps and Balms' and learn techniques for making beautiful, healthful and sustainable soaps from natural ingredients.

**Tutor: Louise Ludlow**

**One Day Workshop, Tuesday June 10th, 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 2 2025 - April 30th.

## **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.

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