

**Still
Only
\$15**

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Kapiti Women's Centre

Courses for Term 1, 2026

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 once a course is paid for.

Low cost childcare is available during courses, please enquire at the Centre for more information.

Address: 7 Ngahina St, Paraparaumu **Phone:** 04 902 6222 or 021924132 **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

NEW Heirloom Bracelet Making + \$15 Equipment Fee

If you can sew a button on, you can make this beautiful heirloom bracelet.

The pieces are hand stitched onto elastic.

You can use jewellery passed down to you from loved ones - odd earrings; broken necklaces and chains; rings; cuff links; brooches; badges; beads; charms etc. It is a very special way of preserving memories rather than keeping them in a drawer or a box.

Please bring your jewellery, buttons, beads and charms of varying shapes, colours and textures. You will need approximately 20 to 30 items.

Tutor: Virginia McKenzie

2 sessions, Mondays, March 16th & 23rd, 11.30am - 2.30pm

NEW Fabric Brooches and Cards + \$5 Equipment Fee

Come and get creative with Juli Hunter and make your own fabric scrap brooch and/ or card from reclaimed textiles, fabric off cuts, buttons and interesting findings!

In this class you will learn about new ways to keep textiles out of landfill.

Tutor: Juli Hunter

1 session, Tuesday February 3rd, 9.30am - 11.30am

Watercolour Painting Workshop + \$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 step by step course on the finer techniques of water colour. It 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

1 session, Friday March 20th, 9.30am - 2pm.

Relax Your Nervous System with Somatic Awareness

In this series of lessons based on the work of Moshe Feldenkrais, you lie on the floor on a mat and are guided through a series of slow and unusual movements which help your nervous system soften and learn new possibilities of movement. This allows long-held patterns of tension to dissolve, over time letting you move and think with more ease, pleasure and relaxedness. This class is an exploration of the process of moving, so not a fitness/exercise class. Think of it as mindfulness in movement!

Tutor: Rachel Tobin

6 sessions, Mondays Feb 2nd - March 9th, 12.30pm - 1.30pm

NEW Align & Shine - Create Your Unique Vision for 2026 + \$10 Equipment Fee

Start off the new year with aligned intention, crystal clarity, and uplifting energy. You're warmly invited to join this empowering 3.5-hour workshop designed to hone in, dig deep and charge up 2026 in your very liking. Through fun creativity and coaching exercises, reflective journaling, and interactive group activities, you'll gain new insights, set a meaningful path forward, and start to fill the 365 blank pages of your new year's chapter with purpose and joy.

Let's welcome 2026 together, connected, aligned and inspired.

Tutor: Michelle Kliczkowski

1 session, , Friday, February 13th, 9.30am - 12.30pm

NEW Beginners Te Reo

Come and learn the basics of Te Reo in a relaxed, encouraging, and playful environment. Build confidence with single words and every day short phrases, while improving pronunciation with fun and easy-to-remember tips. Joan has been teaching Te Reo for over 30 years and has a passion for sharing the magic inside words.

Joan will be conducting this course over Zoom, students will be in the Centre meeting room.

Tutor: Joan Costello

**7 sessions, Mondays, February 2nd - March 16th
9.30am - 10.30am**

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 Jan 26th, 9.30am - 11.30am

OR Tuesday Jan 27th, 12.30pm - 2.30pm.

Training 1: Tuesday February 17th , 12.30pm - 3pm

Training 2 Friday February 20th , 9.30am - 3pm

Training 3: Tuesday February 24th , 12.30pm - 3pm

Training 4: Friday February 27th , 9.30am - 12.30pm

Training 5: Tuesday March 3rd , 12.30pm - 3pm

Training 6: Friday March 6th , 9.30am - 12.30pm

Practicum: Tuesday March 10th , 12.30pm - 3pm

Training 7: Friday March 13th , 9.30am - 3pm

Training 8: Tuesday March 17th , 12.30pm - 3pm

Holistic Wellbeing - Te Whare Tapa Whā

Discover what Thriving Health means through a Te Ao Māori lens. Join Kim Tasker of Hā Pai Wellness for a hauora workshop inspired by the Te Whare Tapa Whā model, the four pillars of wellbeing.

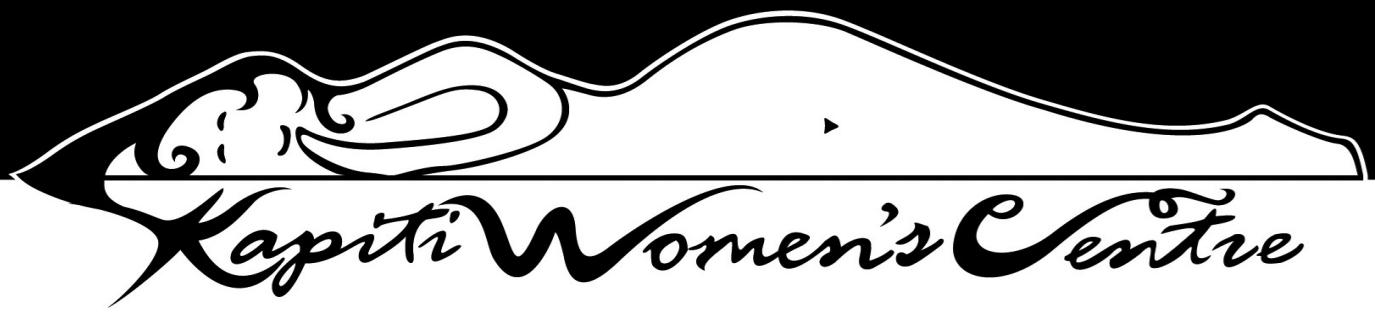
Kim shares insights and practices that nurture the body, mind, and spirit — fostering deeper connection and integration through movement, yoga, breathwork, and the wisdom of Te Ao Māori.

This workshop is perfect for anyone curious about holistic health practices, or wanting to bring Māori-informed practices into daily life or the work place.

Mauri ora! Mauri Aroha! .

Tutor: Kim Tasker

7 sessions, , Thursdays, February 5th - March 19th, 1.15pm - 2.30pm



...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 or 021 924132.

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 2026 - Jan 28th.

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.....

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| ♀ Free counselling | ♀ Free pregnancy tests & condoms | ♀ Free library |
| ♀ Info on Community Agencies | ♀ Free clothing cupboard | ♀ Low Cost Photocopying |