

**Still
Only
\$15**

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Courses for Term 2, 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

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

Please note: Additional \$45 Equipment Fee.

Bring a shared lunch for this workshop.

Tutor: Jean Kahui

2 sessions, Monday/Tuesday June 29th/30th, 9.30am - 2.30pm

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, Fridays, May 15th - June 19th
9.30am - 10.30am**

Meditation and Praanayaam

My name is Jill Duncan. For the past 44 years I have been studying Meditation and Praanayaam (breath work) with the International Meditation Institute, Kullu, India. I am offering a 6 week course teaching simple Meditation techniques and Praanayaam exercises which take your attention to our inner being where strength, joy, and love arises. I will describe how you can establish a regular easy practice which will bring calm and energy to a busy life. Please bring pen, paper, and your questions.

Tutor: Jill Duncan

6 sessions, Thursdays May 14th - June 18th, 1.30pm - 2.30pm

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 11th - June 22nd, 12pm - 2pm
(No session June 1st for King's Birthday.)**

Zentangle Workshop + \$20 Equipment Fee

This creative workshop focuses on drawing zentagonal animals patterns and mandala's. One of the discoveries that Caroline has made through teaching this is the calming aspect of repeated patterns.

Also the power of a circle with radiating patterns that symbolise something about ourselves in these patterns.

Tutor: Caroline Beaufort

1 session, Friday, June 26th, 9.30am - 2.30pm.

Mandala Stone Painting Workshop + \$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 session, Tuesday May 12th, 9.30am - 2.30pm

Yin Yoga

Yin Yoga is a slow paced practice that uses longer held asana to target fascia and aid the release of any tension held with the body. It is the perfect Opportunity to nourish both body and mind. Appropriate for beginners or people who haven't tried Yin Yoga before.

Tutor: Bernadine Rangji

**6 sessions, Mondays May 11th - June 22nd, 9.30am - 10.30am
(No session June 1st for King's Birthday.)**

Affirmation Card Making + \$10 equipment fee

A fun morning creating cards with affirmations and encouraging words to use for yourself or to give away as part of the Kapiti Kindness Cards project. No artistic skills required. All materials provided.

Tutor: Val Roberts

1 session, Friday May 8th, 9.30am - 12.30pm

Workbridge CV Building Workshop - Koha

Get work-ready and confident at the Kapiti Women's Centre with this empowering CV workshop delivered by Workbridge. Designed for women who are ready to take the next step, this hands-on session will help you create a polished, professional CV that showcases your strengths, skills, and experience. Whether you're returning to work, changing direction, or stepping into new opportunities, you'll walk away with a CV you're proud of and the confidence to put yourself forward.

Join us and take a powerful step toward your next role.

Tutor: Clair Swan

1 session, Monday, May 4th, 10am- 12pm

Kāpiti Budget Service Workshop - Koha

ARE YOU SWITCHED ON TO MANAGING YOUR MONEY WELL?

Come along to a fun one-hour session where you will be given tips on how to do so, And hint – each letter of "Switched On" leads to a tip!

This is an interactive session where we all learn from each other, sharing ways to survive the ever-rising cost of food, power, fuel, rent.....

At the end of the session, you receive a complimentary fridge magnet to help you remain "Switched On." .

Tutor: Heather Kinsey

1 session, Thursday April 30th, 1.30pm - 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 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 2 2026 - April 22nd.

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.

Course Fee Update:

At KWC, we believe learning is most powerful when it's shared. Our courses remain \$15 so they stay accessible to everyone, however for those who are able, we welcome contributions above this amount .

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