

Still  
Only  
\$15

# Kapiti Women's Centre

## Courses for Term 3, 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](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

### Feldenkrais

Improve the way you move and you change the way you feel, think and sense yourself in the world. This series of 4 classes based on the Feldenkrais Method® uses small, slow movements to guide your attention so you improve your posture, stability, range of movement and comfort. For most of each class you will be lying on the floor, so wear warm, loose clothing. I will provide mats but please bring a folded towel, along with your curiosity. Be prepared to feel better!

**Tutor: Cashy Yates**

**6 sessions, Fridays, July 31<sup>st</sup> – September 4<sup>th</sup>**

**9.30am – 10.30am**

### Beginner 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, July 27<sup>th</sup> – September 7<sup>th</sup>, 9.30am – 10.30am**

### Neurographic Tree Workshop + \$20 Equipment Fee

The Neurotree is a drawing or artwork created using the principles of Neurographica, specifically focusing on the theme of a tree. Neurographica is a creative method that combines art and psychology to help individuals work with their subconscious mind and emotions through drawing. The "Neurotree" within this context is a specific application of Neurographica, where the subject of the drawing is a tree, often representing personal growth, development, or a connection to one's inner self and inner healing is seen as an ongoing healing process.

**Tutor: Corinne Allan**

**1 Day Workshop, Tuesday August 4<sup>th</sup>, 9.30am – 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, September 21<sup>st</sup> & 22<sup>nd</sup>, 9.30am – 11.30am**

### Fantail Soap Making Workshop + \$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**

**1 Day Workshop, Monday, September 14<sup>th</sup>, 9.30am – 2.30pm**

### Rongoa Tikanga Māori + \$25 Equipment Fee

Join us for a unique and empowering workshop where you'll learn to create your own Rongoā products, connect with Te Taiao (the natural world), and discover the secrets of traditional Māori healing. We will be making our own hauora self care packs, which will include a kawakawa mānuka balm, foot and bath salts, and a whakawātea clearing spray.

**Tutor: Renee Grey**

**6 sessions, Fridays, July 31<sup>st</sup> – September 4<sup>th</sup>, 12pm – 2pm**

### Watercolour Painting 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 loved pets or native birds. It is a step by step course on the finer 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 session, Friday, September 11<sup>th</sup>, 9.30am – 2pm**

### Wet Felting + \$20 Equipment Fee

Learn the basic techniques of this ancient art. Explore the possibilities of wool, create small items to take home each week. Felt has therapeutic benefits, join to benefit from this wonderful craft. This course will give you lots of skills and ideas for you to follow up at home.

**Tutor: Birgit Moffatt**

**5 sessions, Mondays, August 10<sup>th</sup> – September 7<sup>th</sup>, 12.15pm – 2.30pm**

### 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**

**One session, Thursday August 27<sup>th</sup>, 1.30pm – 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 3 2026 - July 22nd.**

### **Massages with Niccy**

Beauty Therapist Niccy is here on Monday afternoons offering a head, neck and shoulder massage. Each treatment is 30 minutes, massages are \$22, 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