

Still
Only
\$15

Kapiti Women's Centre

Courses for Term 4, 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

Sound Bath

Come and experience the ancient healing modality of Sound Therapy, used by different cultures as a way of supporting physical, mental, emotional and spiritual wellbeing. Sound healing entrains brainwaves, inducing a state of relaxation, calmness, and emotional release.

FULLY BOOKED
A sound bath is called so because it is a 'wash' for the person, harmonising and balancing the emotions and bringing equilibrium to the heart, mind, and spirit. Participants can remain seated or lay on the floor with

yoga mats and cushions. **Limited to 8 women.**

Tutor: Kaly Newman

1 Day Workshop, Monday, October 19th, 10am – 11.15am

Mindful Creating with Nature + \$10 Equipment Fee

This class is for those who want to engage with natural materials in a creative and mindful way. Each session has a theme, such as rock drawing, leaf stitching, cordage making. They are all very slow and meditative activities. Over the six weeks we will cover Leaf Stitching, Rock Drawing, Cordage Making, Zen Stone Wrapping, and making Harakeke Christmas Stars. The materials/items we make can also be combined, – lets have fun!

Tutor: Birgit Moffatt

5 sessions, Mondays, November 9th – December 7th, 12.30pm – 2.30pm

Holistic Wellbeing Te Whare Tapa Whā

Explore the four pillars of hauora (health and wellbeing) through Te Whare Tapa Whā framework. Discover the interconnectedness of the pillars of whare (self), taha tinana (body), taha hinengaro (mind), taha wairua (spirit) and taha whānau (relationships), and develop foundational tools related to each pillar to invigorate a thriving life force (state of mauri ora). Kim blends mātauranga Māori with ancient modalities of yoga, breathwork, guided meditation, orokoroa (sound healing), waiata and binds the course together with the underlying thread of each student's personal pepeha.

Tutor: Kim Tasker

7 sessions, Thursdays, October 29th – December 10th, 1.15pm – 2.30pm

NEW

Art for Wellness + \$30 Equipment Fee

This course is facilitated by a qualified Creative Arts Therapist and student Arts Therapist. Participants will be provided with a wide range of creative opportunities and materials in an environment that supports personal wellbeing in a safe, collaborative, group process. Participants do not need any previous artistic experience or skill and can choose to participate as little or as much as they would like. The group will be limited to eight participants. Activities will range between individual and group art making, with the opportunity for deepening personal awareness using Te Whare Tapa Whā as a guide.

Participants will be able to take away any individual artmaking.

Tutors: Vanessa Vivas and Jen Eccles

6 sessions, Mondays, November 2nd – December 7th, 9.30am – 11.30am

Making an Art Journal + \$10 equipment Fee

Learn how to make a simple art journal using both recycled and new materials that you can fill in as you wish at home.

Journal making materials and ideas for using your journal provided.

A fun way to be creative even if you don't have artistic skills.

Session 1 will be making painted papers and selecting pages for the journal

Session 2 will be assembling the journal and decorating the cover.

Tutor: Val Roberts

2 sessions, Fridays, November 20th and 27th, 12.30 – 2.30pm

NEW

The Gentle Reflect and Reset +\$10 Equipment Fee

Join us for a half day journey of gratitude, deep reflection, and mindful renewal as we review the lessons and learnings of 2026 and intentionally invite uplifting energy into the new year ahead. Embark on a wonder-gathering quest through your personal annual review, go deep with journal prompts and introspective reflection, pull a card, and share sacred space with like-minded beautiful women. This is your dedicated morning to open space for love, release, and inspired intention on your shift into 2027.

Tutor: Michelle Kliczkowski

1 Day Workshop, Friday, December 11th, 10am – 1pm

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, Fridays, October 16th – November 13th, 1pm – 2pm

NEW

Art for the Heart (The River) + \$20 Equipment Fee

Embark on a creative journey with 'The River Series.' This workshop invites you on an inward exploration, channelling the calming essence of water through a minimal colour palette. Together, we will discover the fluid beauty of the wet-on-wet watercolour technique. Perfect for all skill levels, absolutely no prior experience is necessary!

Tutor: Jenny Bain

5 sessions, Fridays, October 23rd – November 20th, 9.30am – 11.30am

NEW

Glass and Ceramic Mosaics Workshop + \$20 Equipment Fee

Come along to this fun, creative workshop to bring out your inner artistic talents. Sandy is a local mosaics artist who is looking forward to sharing her skills and knowledge and helping women make their own mosaic creation.

Suitable for beginners, with all materials provided, students will create a beautiful mosaic from glass and ceramic, perfect for presents or for displaying at home. **Limited to 8 students.**

Tutor: Sandy Miller

1 Day Workshop, Friday, December 4th, 11am – 2pm

**...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 4 – October 14th.**

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