

Positive Parenting

(Working towards successful parenthood)

Thursday mornings

9.30 a.m.—11.30 a.m.

16th February—29th March

(7 weeks)

Facilitators: Val Chittenden
Liz Yarwood

Parenting Teenagers

(Surviving the Challenge—ways to improve communication & build on your relationship with your teen)

Wednesday evenings

7.00 p.m.- 9.30 p.m.

29th February—28th March

(5 weeks)

Facilitators: Val Chittenden
Heather Osborne

Venue: Napier Family Centre
Cnr Morris Spence Avenue &
Wycliffe Street, Onekawa

These courses are **FREE** but spaces strictly limited. Registration essential.

For more information or to register

Ph 843-7280

Self Esteem for Women

Tuesday mornings

9.30am—12.00pm

13th March—3rd April

(4weeks)

\$10.00 Fee

Facilitators: Heather Osborne
Val Chittenden

Venue: Napier Family Centre
Cnr Morris Spence Ave & Wycliffe St
Onekawa

For more information or to register

Ph 843-7280

Post Natal Adjustment Programme

For women experiencing post natal depression following the birth of their baby.

This programme is supported by Health Hawke's Bay and run each term in Hastings and Napier. For more information contact Kathy Egan

Ph 843-7280



Napier Family Centre

making the future happen together

Course Programme Term One 2012

Comprehensive Parenting Education Programme

Positive Parenting
Parenting Teenagers
Step Families
Young Mothers
Self Esteem for Women

Support for women experiencing post natal depression
Children's courses



Napier Family Centre
Cnr Morris Spence Ave & Wycliffe St
Onekawa, Napier

Ph 843 7280 Email: info@napierfamilycentre.org.nz

Web: www.napierfamilycentre.org.nz

Txt: 021 0269 6504

CHILDREN

(Self Esteem & Social Skills building)

Just For Kids

(7 yrs -10 yrs)

Wednesday afternoons

3.30p.m. - 5.00p.m.

22nd February —28th March

6 weeks

*Parent information night 15th February at
Napier Family Centre*

\$10.00 Fee

Venue: Napier Baptist Church
36 Riverbend Road Napier

Facilitators: Liz Yarwood
Andrew Hoffman

Emerge

(10-12 year olds)

Tuesday afternoons

3.30 p.m - 5.00 p.m.

14th February—3rd April

(8 weeks)

\$10.00 Fee

Venue: Napier Family Centre
Cnr Morris Spence Ave & Wycliffe St
Onekawa

Facilitators: Liz Yarwood
Andrew Hoffman

For more information or to register
Ph 843-7280

Love with Logic Workshop for Young Mothers

*(Practical strategies & ideas for
young Mums with children
under 5yrs old)*

Wednesday 21st March

9.30 a.m.– 11.30 a.m.

1 session

Crèche provided

Venue: Napier Baptist Church
36 Riverbend Road Napier

Facilitators: Liz Yarwood
Val Chittenden

This course is **FREE** but spaces strictly limited.
Registration essential.

For more information or to
register

Ph 843-7280

OR TEXT 021 0269 6504

Strengthening Your Step Family

*Joys & Challenges
(For couples step parenting)*

Monday evenings

7.00 p.m. - 9.30 p.m.

20th February—26 March

(6 weeks)

Venue: Napier Family Centre
Cnr Morris Spence Avenue & Wycliffe
Street, Onekawa

Facilitators: Heather Osborne
Val Chittenden

This course is **FREE** but spaces strictly limited.
Registration essential.

For more information or to
register

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