

#### Monday 09/09/2019

| 10am   | How to Support Kids Who Have Experienced Scary Things Catherine Gallagher & Jo Bader - START                      | St Albans Baptist Church<br>64 McFaddens Rd<br>St Albans |
|--------|---|--|
| 7.00pm | Building Awesome Whanau Pio Terei – The Parenting Place   | Belfast Rugby Clubrooms<br>18 March Place, Belfast       |
| 7.30pm | Improving Mental Health through Nature Play in the Early Years (0-6years) Celia Hogan – Little Kiwi's Nature Play | Papanui Baptist Church<br>Hall<br>144 Sawyers Arms Rd    |

### Tuesday 10/09/2019

| 11am-12noon | Finding Peace After Losing a Baby Pregnancy Centre                            | Pregnancy Centre<br>88 Idris Rd, Bryndwr             |
|-------------|---|--|
| 7.00pm      | Building Awesome Whanau<br>Pio Terei – The Parenting Place                    | Haeata Community<br>Campus<br>240 Breezes Rd, Aranui |
| 7.00pm      | Supporting Children with Anxiety<br>Anna Mowat & Dean Sutherland – All right? | Shirley Primary School<br>11 Shirley Rd              |
| 7.30pm      | OMG They're Teenagers  Dr Sue Bagshaw – Collaborative Trust                   | The Village Church,<br>Bryndwr<br>365a llam Rd       |

## Wednesday 11/09/2019

| 9.30-12noon | Money Mates Julie Williams – Kingdom Resources  | St Albans Baptist Church<br>64 McFaddens Rd<br>St Albans |
|-------------|---|--|
| 7.30pm      | Parent Time Management – how to achieve more by focusing on less Karyn Riley – Riley Life | St Albans Baptist Church<br>64 McFaddens Rd<br>St Albans |
| 7.30pm      | The Perfectionist Child  Jenny Hale – The Parenting Place                                 | Burnside Elim Church<br>193 Grahams Rd,<br>Burnside      |



# Thursday 12/09/2019

| 7.00pm | Open and Honest workshop with Family Planning Health Promotion Akira Le Fevre - Health Promoter Family Planning | St John of God Waipuna,<br>349 Woodham Rd,<br>Linwood                   |
|--------|---|---|
| 7.30pm | The Strong-Willed Child Jenny Hale – The Parenting Place  | Youth Alive Trust<br>Grace Vineyard Beach<br>111 Seaview Rd, N Brighton |
| 7.30pm | Human Teenagers Are Amazing Humans!<br>Amanda Staniford – Kids Life Academy                                     | Papanui Youth<br>Development Trust<br>1a Harewood Rd, Papanui           |

### Friday 13/09/2019

|        | Beyond Blame: Coping with Parent-Adolescent   | St Albans Baptist Church |
|--------|---|--------------------------|
| 7.30pm | Conflict                                      | 64 McFaddens Rd, St      |
|        | Chris Bowden – Victoria University Wellington | Albans                   |

### Saturday 14/09/2019

| 10am – 1pm | Parenting Expo    | Youth Alive Trust          |
|------------|-------------------|----------------------------|
|            |                   | Grace Vineyard Beach       |
|            | Youth Alive Trust | 111 Seaview Rd, N Brighton |

### Monday 16/09/2019

| 7pm    | Menstrual Well-being: Let's talk about it!<br>Erin Enright – Collaborative Trust | Chch Bridge Club<br>21 Nova Place<br>Riccarton                          |
|--------|--|---|
| 7pm    | Building our Kid's Resilience<br>Anna Mowat & Dean Sutherland – All right?       | Hope Presbyterian<br>Church, 27 Amyes Rd<br>Hornby                      |
| 7.30pm | Avoiding the Blended Blowout!<br>Amanda Staniford – Kids Life Academy            | Youth Alive Trust<br>Grace Vineyard Beach<br>111 Seaview Rd, N Brighton |

### Tuesday 17/09/2019

| 7pm    | Internet Health and Wellbeing<br>John Parsons   | St Albans Baptist Church<br>64 McFaddens Rd<br>St Albans      |
|--------|---|---|
| 7pm    | Empowering Our Young People with Mike King<br>Mike King hosted by Selwyn Parenting Network              | Rolleston College<br>631 Springston Rolleston Rd<br>Rolleston |
| 7pm    | Money Mates Julie Williams – Kingdom Resources  | Kingdom Resources<br>Addingtown Mall<br>300 Lincoln Rd        |
| 7.30pm | Building Resilience & Responding to Anxiety: Positive Behaviour Tips and Techniques Tim Heidmann – RTLB | Clarkville Primary School<br>10 Heywards Rd<br>Clarkville     |



#### Wednesday 18/09/2019

| 10am-12noon | Weaving Harakeke for Beginners Te Puawaitanga Ki Otautahi Trust            | 153 Gilberthorpes Rd<br>Hei Hei                            |
|-------------|--|--|
| 7.30pm      | Love in a Lunchbox<br>Jax Hamilton – Jax Food Hax                          | St Albans Baptist<br>64 McFaddens Rd<br>St Albans          |
| 7.30pm      | Stress and Children<br>Liz McNaughton                                      | St Francis of Assissi<br>School<br>380 Innes Rd, Mairehau  |
| 7.30pm      | CliftonStrengths Based Parenting Seminar<br>Emma Chivers & Rachel Sangster | South West Baptist Church<br>244 Lyttelton St,<br>Spreydon |

#### Thursday 19/09/2019

| 1pm – 3pm | Pregnancy Help Canterbury Open Day   | Pregnancy Help<br>Canterbury<br>95 Hawke St, NBrighton |
|-----------|--|--|
| 3pm       | Building Well-being in the Transition to Parenthood<br>Pregnancy Help Canterbury               | Pregnancy Help<br>Canterbury<br>95 Hawke St, NBrighton |
| 7pm       | Brainwave Trust - Nuture Your Tamariki Jim Sole  | City East Church<br>110 Shortland St, Wainoni          |
| 7.30pm    | Mental Health and your Teenager – What can parents do?  Michael Hempseed – Collaborative Trust | Village Church Papanui<br>460 Papanui Rd, Papanui      |
| 7.30pm    | Transforming Your Teenagers into Confident, Successful Graduates Tracey Beard – Career Matters | Queenspark School Hall<br>222 Queenspark Dr            |

Tickets available from Dash Tickets: www.dashtickets.co.nz/tour/1019



Parenting Week is brought to you by Neighbourhood Trust with funding support from the following:



With special thanks to Papanui-Innes, Fendalton-Waimairi-Harewood and Coastal-Burwood Community Boards



