



Shannon Kids' Club: currently suspended to keep you safe during alert level 2: looking forward to alert level 1 and fun activities. Queries: Sharon Williams 3627559 / 027 3930414

Rangatahi Ora- Youth Group for Kura Takawaenga (years 6-8) Cooking programme with Karla Puhipuhi
Menu creation, budgeting, food shopping, Te Whare Tapa Wha model
Register interest with Karla 027 3066 509



CAP Life Skills A group that helps members discover the life skills you need to survive on a low income with 8 weekly gatherings.

CAP Life Skills is a **supportive and friendly group** that gives people the confidence and decision making skills they need to survive life on a low income. We teach people practical money saving techniques, such as cooking on a budget, living healthily on less, and making your money go further.

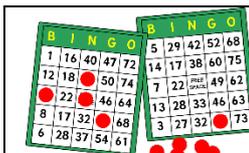
Facilitated by: Stephanie Fleming and Virginia Kohika Venue: St David's Hall, Stout St, Shannon

Starting Friday 16th October for 8 weeks, 1-2.30pm, afternoon tea included, free / koha

For more details and how to register please ring Stephanie on 027 333 5894 or for more info contact Virginia on 021 026 66301 or Sharon on 027 3930414 (or can message).

Shannon Youth Group (college age) - Wednesdays 5:30-8pm, queries: Leigh 021 837 478

Move Well gentle fitness classes (no cardio) Tuesdays 10am at Te Whare Oranga, Venn St. Designed to promote fitness – coordination, strength, flexibility, relaxed and friendly group. All welcome, just turn up!



Meet and Greet / Bingo - alternate Thursdays at Te Whare Oranga, Venn St, all welcome, very friendly: queries Teri Whiti 022 530 3819



Neighbourhood support - to join, obtain more info or register for Civil Defence Emergency Assistance (new scheme) please contact Shannon Promotor: Robyn Mouzouri 027 734 4692

Shannon Progressive Association – new members welcome

Monthly meetings, 7pm, 3rd Thursday of month at Gospel Chapel

We have as one objective: to explore and engage in every possible avenue to further the progress of Shannon and to promote and foster the interests of residents and businesses of Shannon and the wider community, including marketing, business development, environmental issues, employment, health and well-being, social and education, of all diverse ages and cultures. Queries: Janette Campbell 027 253 3955
Monthly meetings, 7pm, 2nd Thursday of each month at Gospel Chapel



Triple P **TEEN Discussion Groups (11-16yrs) & Discussion Groups (3-12yrs)**

Take the guesswork out of parenting. These 2.5 hour sessions offer evidence based practical tips and strategies, to help families manage the ups and downs. Come to just one or as many as you like and meet other parents in the same boat, you're not alone!

Getting Teenagers to Cooperate - 09:15 to 11:45, Friday 16th October

Do you have a teenager that is rude and refuses to follow family rules? It is common for parents to find that as their child moves into their teen years, that they become less cooperative, which leads to conflicts in the family. So how do we prevent non-cooperation and encourage respect, politeness and working as a team?

Coping with Teenager's Emotions - 09:15 to 11:45, Friday 23rd October

Teenagers can become highly emotional as they transition from child to adult. It can be upsetting for parents, and make disagreements stressful for the family. This session takes some time to understand our teens' emotions and explore positive ways to help us and them better manage these emotions when it happens.

Building Teenager's Survival Skills - 09:15 to 11:45, Friday 30th October

Teenagers can often start to take part in risky activities and as parents, we may want to keep them safe by restricting their freedom. However, this often leads to conflict. Gain tips and strategies around how to encourage teenagers to look after their own wellbeing and safety while away from your supervision in this session.

Reducing Family Conflict - 09:15 to 11:45, Friday 6th November

This workshop gives parents positive suggestions to help teach our teenagers how to get along with others in the family without constant fights and arguments. The group will look at reasons why teenagers are argumentative or aggressive and how to prevent problems and promote family harmony.

Dealing with Disobedience - Friday 13 November, 09:15 to 11:45

This session gives parents positive suggestions to help their children to accept limits and manage difficult behaviour like disobedience and defiance. This is also the space for parents to have the opportunity to share some of their experiences of being a parent in difficult situations.

Managing Fighting & Aggression - Friday 20th November, 09:15 to 11:45

All children have disagreements or arguments at times, this session will explore reasons why children fight and discuss the skills children need to get along with others. We will focus on strategies to help you prevent problems by teaching your child to resolve problems and manage those times when they lose their cool.

Developing Good Bedtime Routines - Friday 27th November, 09:15 to 11:45

This session gives parents positive suggestions to encourage children to stay in bed, how to prevent difficult behaviour at bedtime and learn parenting strategies to help children develop a regular and independent bedtime routine.

Hassle-free Shopping - Friday 4th December, 09:15 to 11:45

Shopping trips is one of the most common times parents have to deal with difficult behaviour in public. Learn and adapt new strategies to prevent problems and teach children how to behave on shopping trips. Develop individualised plans to manage problem behaviour during shopping trips, and learn to transfer new parenting strategies to other potentially difficult community situations.

Held at Gospel Chapel, Ballance St, Shannon Registrations essential.

Free - Koha/Donations welcome. Phone Parentline Manawatu on (06) 355 1655 or 0800 432 6459 to register or Sharon Williams 06 3627559 / 027 393 0414 for info.