

An invitation to parents

If you're a parent of a baby or toddler and would like to meet others for a regular friendly catch-up then come to the Helensville Birthing Centre Coffee Group,



Jacinda Travers and baby Liam at last year's Big Latch On.

every second Wednesday morning at Te Whare Oranga ō Parakai. Guest speakers make regular appearances, on everything from Maori natural medicine, pregnancy massage and postnatal depression.

The coffee group isn't just for mums. Dads, grandparents and other caregivers are welcome too.

There are some special sessions around caring for your new pēpi, with the next one on 11 July.

In August personal trainer Kirstyn Campbell will be talking about safe exercise. And on Friday 3 August the Coffee Group will once again host The Big Latch On, an annual event where women turn up at registered venues to breastfeed their babies at the same time.

For more information look up Helensville Birthing Centre Coffee Group on Facebook or www.birthcentre.co.nz.

Be your own boss

Do you harbour plans of ditching your job and working for yourself? The Certificate In Smart Steps To Business is a course that'll teach you everything you need to know to turn that business idea into a reality. It's a zero fees course run by Te Wānanga o Aotearoa. By the end of the course you'll be able to assess the feasibility of your small business idea, write a business plan and know what your legal obligations are.

It runs every Wednesday evening for 20 weeks from 18 July.

To find out more about the course contact tutor, Colin Frampton on email: colin@knowledgebasecentral.co.nz or phone: 027 679 5622.