

Make 2018 your year to learn

Te Whare Oranga ō Parakai is looking forward to hosting a number of educational courses this year.

Te Reo Māori will again be on offer after a hugely successful Level 2 course last year. The majority of those 25 students will be returning to do Level 4 with tutor, Tuwhiti Happy. He is also looking at running another Level 2 course for beginners. The free Te Reo Māori courses are run by Te Wananga Aotearoa in collaboration with Whiti Ora o Kaipara.

Te Wananga Aotearoa is also looking at running a weekly evening course on Money Management. Course tutor Colin Frampton says the Level 3 qualification is suitable for people on all income levels and in all financial situations. Learn how to take control of your future by managing debt, create and protect wealth and plan for your retirement. It's about making your money work for you and your whānau.

To register your interest and find out when the Information Evenings on these courses will be held visit thrivekaipara.org.nz or contact Amy Wood on a.wood@hdht.co.nz or call 09 420 9983.

New mums and bubs welcome

Any new mums and bubs are invited to join the Helensville Birthing Centre Coffee Group. The group meets fortnightly at Te Whare Oranga ō Parakai. As well as informal chit-chat, the group often has guest speakers covering everything from babywearing to post-natal depression. The first catch-up this month is on February 7, then every second Wednesday. To find out more email Debbie on lc@helensvillebirthingcentre.co.nz.

Baby Ihaia Harris and mum Heena at a Helensville Birthing Centre Coffee Group event.

