

Be the best mum you can be

Get set for an awesome life together

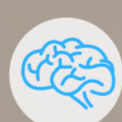


FREE PARENTING & LIFE SKILLS COURSE

It's for YOU if you have a toddler or young baby, aren't in fulltime study or employment, and don't have NCEA Level 3 or above.



Become a calmer, more patient mum



Make life easier with parenting strategies



Feel fit and healthy



Impress your mates with new cooking skills



Set some goals to work towards



Practise reading to your kids

ONLY 6
SPOTS

Contact Barb

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www.adultlearning.co.nz

10 weeks from 3 October to 7 December
Weds, Thurs, Fri 10am - 2:30pm
All Saints Creche, 30a Vanguard Street