

Parenting Fuel Up



Cost saving in the home

Friday 8 May

Don't miss this course – you'll learn tips to help you:

- Save heaps on the cost of food
- Stay warm yet pay less for power
- Be a clever shopper
- Pay off the bills, avoid fees and keep your precious dollars for what is really needed
- Keep the house clean without all those expensive chemicals
- Save on entertainment, gifts and those hidden costs.
- Be a clever shopper

9.30^{am}
to
11.30^{am}

Goal setting: changing your child's behaviour

Friday 15 May

Learn about the steps you will need to put in place in order to achieve a simple goal. You will be taken through the process step by step and will get the tools you need to change unwanted behaviour in your home.

Dinners on a budget

Friday 22 May

Learn the art of cheap dinners that still have flavour and are nutritious.

Peer pressure at school

Friday 29 May

- The importance of listening to our self talk - what does our conscience say?
- The art of assertion - it does not hurt to say 'no'
- Making informed decisions - looking before leaping
- Knowing the boundaries - what are they in your family?



Held at The Western Community Centre

46 Hyde Ave, Hamilton

more info and to register contact
reception@wccham.org.nz 847 4873 ex3
www.westerncommunitycentre.org

transport available for Nawton
and Crawshaw residents



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