

Other Parenting Support



Breast Feeding Drop In

For anyone breastfeeding or pregnant to drop-in for a chat, a coffee and to get some support and advice.

Every Wednesday 10 - 12noon

email: janine_pinkham@rcpho.org.nz



New Zealand's most popular parenting courses, suitable for every parent from early years, middle years and teens. Each night has a mixture of DVD teaching, discussions with other like minded local parents and tools

Parenting Seminars



One-off, high profile Seminars by experts on a specific topic. Recent Seminars include "Tools for Engaging Cooperation",

"Growing a Great Reader" and "The Brainwave Trust

Baby Sitting Training

Day course for teenagers in the school holidays covering the expectations of a babysitter, the child and family, safety, play and basic first aid by a trained Plunket



Who is Youth Alive Trust?

Youth Alive Trust was established in 1989 to support young people in New Brighton and surrounding suburbs. We aim to support young people holistically - socially, emotionally, mentally and spiritually through our programmes, our staff and volunteers.

- 1. Weekly Clubs** Our weekly clubs include: Boys Club (Years 1 - 6), Girls Club (Years 1 - 6), Basketball (Years 3- 6), Kitchen Klub (Years 6 - 9), Craft Club (Years 6 - 9), Rise (Years 5 - 8), Rock Solid (Years 7 - 8) and Surge (Years 9 - 13).
- 2. School Youth Workers** Supporting the students in class, at lunchtimes, and through extra curricula activities at Rawhiti Primary School.
- 3. Holiday Programmes and OSCAR** We run three different holiday programmes, Years 1 - 4, 5 - 9 and Breakaway for Years 9 - 13. Senior OSCAR runs everyday after school for Years 5-8.
- 4. Camps** We take youth on overnight and weekends away throughout the year, such as Easter Camp, Summer Camp, Famine Sleepover, AMPED Camp, Father Son Camp and Mother Daughter Days.
- 5. One to One** Counselling and Mentoring one-on-one with young people for relational support, goal setting and a lot of encouragement.
- 6. Mana Ake** Wellbeing and mental health support workers in local primary schools, for children and whanau.
- 7. Community Events** Large community events such as the Sk8 Disco, I Love New Brighton, 3 x 3 Basketball, EPIC Dance Parties and our Family Fun Night.
- 8. Parenting and Pre-school** Programmes and partnerships such as - Breast-Feeding Drop In, Little Bears Playgroups, Parenting Toolbox Courses and Parenting Seminars, Babysitting for Teens Training.
- 9. Amplify School of Music**, Lessons and Youth Bands, and music recording in our purpose build music rooms.
- 10. Volunteer Training and Support** We recruit, train and encourage volunteers to work in their community, on events and programmes. We also host interns.

Beach Tots



Preschoolers

Tuesdays & Thursdays
school term only

9:30am - 11:30am



Based @ Grace Vineyard Beach Campus
111 Seaview Road, New Brighton,
Christchurch

☎ 03 388 1001

email: parenting@yat.org.nz

www.yat.org.nz



Find us on
Facebook @beachtots

Beach Tots Playgroups

What is Beach Tots?

We are a play group set up to promote opportunities for you to interact in a positive way with your toddler in a place where you are valued as a parent/caregiver. We hope you will also have a chance to make friendships with other families who come and find Beach Tots a place of support and care.



Tuesday mornings have a focus on music and movement, with often songs from NZ children's song writers, traditional children's waiata, action songs, traditional rhymes and faith based songs.

Thursday mornings toddlers have a focus on crafts and sports, including outside play & games in the gym.



Enrolment?

You don't need to pre-enrol, just turn up! We will ask you to complete a quick registration form, as part of our policies and procedures and in case of emergencies. Both playgroups are Ministry of Education approved. They are coordinated by volunteer Mums, who are supported of a Youth Alive Trust administrator.



NEW Under 1's Group!! Thursdays 9.30am

Due to demand, we've set up a new group for Parents and Under 1's on Thursdays, so you don't get trampled by the toddlers and have their own space and equipment. It's a chance to meet other local babies, eat cake and enjoy a hot drink while trying to keep your eyes open. All

When & Where?

Tuesdays 9:30am-11:30am (under 5's)

Thursdays 9:30am-11:30am (toddlers & under 1's)
School Term Only

Parking is also available on Beresford Street.



The building has been through major renovations, with a new purpose build crèche facilities, including toddler toilets, baby change, sports gym and an outdoor play area with fort and safety play matting.

Cost?

A \$2 donation per family helps towards the cost of morning tea and replacement of equipment. Or pay \$20 for the term, by eftpos at the main reception, if you don't like carrying coins.