



Newsletter May 2010

## SKIP 2010

Kia ora koutou,

The new three year SKIP contract is underway, with our first SKIP network meeting for the year to be held on Monday 3 May at 9.30am, in the meeting room at Parent and Family Counselling, (soon to be Jigsaw North) 29 Otaika Road Whangarei. The meetings will be on the first Monday of every second month from now on.

Whangarei Parents Centre has two more SKIP courses this year; having already kicked off with a 'Magic Moments' in February, the course will be repeated in May and June. Parent and Family Counselling will be facilitating a new programme entitled 'Finding Your Bliss' in May, and 4 parenting workshops: 'SKIP-a-Latte' is back and will take place at the McDonalds party room in June and July. Also we have a No Sweat Parenting event coming up in August and a Family Camp in November at One Tree Point.

Parent and Family Counselling Service is about to undertake a name change to 'Jigsaw North' to align with the agency's partner organisation, Jigsaw. This coincides with the 30th year of Parent and Family Counselling so we are celebrating with a launch of the new name and of the SKIP AROUND TOWN television show from 5.30pm at A'Fare on 19 May. The new website address will be [www.jigsawnorth.org.nz](http://www.jigsawnorth.org.nz).



At left, Parent and Family Counselling Chief Exec Liz Cassidy-Nelson and SKIP Coordinator Lena Fransham, with a collaborative painting done by workshop participants last year. We hope to inspire a spirit of creativity and collaboration among networks this year in the shaping of the SKIP Campaign. We welcome input from other agencies and suggestions from families in our effort to meet the needs of the community. Lena can be contacted at Parent and Family Counselling Service from Monday to Wednesday on **(09) 438 8852**, or email [lana@parentandfamily.co.nz](mailto:lana@parentandfamily.co.nz).

## *SKIP Around Town*

SKIP AROUND TOWN, our local TV show, is almost ready to go! There are five episodes in this home-grown programme, each focusing on an aspect of raising happy, capable children. Each episode features a segment on a local family support organisation, SKIP strategies and some precious everyday wisdom from the parents and children of the Whangarei area. Many thanks to the staff of all the agencies who put in so much effort - Mokopuna, Parent to Parent, Barnardos, Plunket, One Double Five and Parent and Family Counselling, and of course Channel North – and to all the families and individuals who gave their time and energy to making the show a success. It will be officially launched on 19 May and will be broadcast on Channel North (UHF 40 frequency 6.23.25) in the weeks following.



Above: SKIP Around Town producer Gareth Mauchline in the Channel North studio

## What's On?

You are invited to the next

# SKIP

### NETWORK MEETING

9.30 am, MONDAY 5 JULY at

**PARENT AND FAMILY COUNSELLING (JIGSAW NORTH)**

29 OTAIKA ROAD

Share your inspirations and connect with the **SKIP** campaign in 2010

Contact SKIP Coordinator **Lena Fransham**, [lena@parentandfamily.co.nz](mailto:lena@parentandfamily.co.nz)

(09)438 8852 or 021 0223 0120

### SKIP-A-LATTE

Mums and Dads have a free cuppa while the kids play!

A relaxed hour for discussion with other parents with SKIP resources and ideas

MCDONALDS 145 Bank Street (Party Room)

9.30am, Wednesday June 30

Come along, bring the kids, the coffee is on **SKIP!**



*For enquiries call Lena  
Fransham*

(09) 438 8852

[www.parentandfamily.co.nz](http://www.parentandfamily.co.nz)



### RESOURCES

SKIP have a range of resources available to complement your next workshop. These are free but the event or workshop must complement the SKIP principles or kaupapa.

**For information on the SKIP resources please contact Lena on (09) 4388852**



## Upcoming Programmes

### Finding Your Bliss

Finding your bliss! – A selfcare programme for Parents.

Follow your bliss....by finding it! A self care workshop for parents utilising creative arts. Experience a variety of visual art mediums, share and create stories, relax and play.

Come prepared to fully participate and get messy!

No art experience necessary. Limited to 6.

**Thursday 9.30am – 11.30am**

**May 6, 13, 20, 27**

### Magic Moments

Are you looking for some new ideas on how to improve communication with your child? Do you want to encourage better cooperation with your child? Want to reduce tension in your household around your daily routine, so life becomes less of a regular head on battle of wills? Come along & find out more...

This is what each session covers, that will help you work towards these & so much more:

- Communication – tuning into your child
- Communication for cooperation
- Discipline – be responsive not reactive

**MAY:** 1pm-4pm Saturdays, May 1&8. **JUNE:** 1pm-4pm Saturdays, June 19&26

**WHANGAREI PARENTS CENTRE, 13a Te Mai Road, Whangarei**



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Parent & Family  
Counselling Services

"Sowing Seeds for Change"