



**comcol**  
NORTH CANTERBURY

**GROW**

**Goals • Resilience**  
**• Opportunity • Wellbeing**

**Contact us on 0800 60 50 60**





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# GROW

**Poipoia te kākano kia puāwai**  
Nurture the seed and it will blossom

- Small groups
- Includes outdoor activities
- Hands-on training
- Team work
- Social connections
- FREE for 15 – 24 year olds

**5 ways to wellbeing  
are embedded in our activities.**







## **GROW, COOK, EAT**

Learn how to grow veges and herbs. Pick straight from the garden beds and learn how to cook.



## **BARISTA TRAINING**

Cafe skills, learn how to make coffee and serve.



## **GET READY FOR WORK**

Including Driver learner licence workshop, CV writing, interview skills and practice.



## **GOALS AND PLANNING**

Explore opportunities and achieve your goals in education and employment.