



"The best kind of parent you can be,  
is to lead by example"

Our Good Seeds SuperGrans Team is a group of experienced locals whose goal is to see young families' flourish.

We work to equip parents with life skills that strengthen them and prepare their family for a bright future.

Operating in Mangere and in Riverside Communities we run workshops, small group sessions and one on one coaching. All are welcome and our services are free.

Please [contact us](#) if you are interested or check out our Good Seeds SuperGrans [Facebook Page](#).

*"I enjoy every time I come to workshops, the SuperGrans team are very friendly and smiling face to welcome us. Second, I enjoy tasting everything they make. I learn to cook with cheap ingredients and let the children help while cooking." Peta*

*"Enjoyed learning quick and easy recipes. Love the non bake goodies too. Learnt new fun easy recipes to make with the kids"- Lianne*

*"Enjoyed learning about baking and do somethings new for Christmas, like create things instead of buying it. I learn how to make flower decorations and baking biscuits. Keep doing what you guys doing cos you guys are awesome with ideas, cos it always good to learn new things." Anna*

*"Learnt new recipes – interaction with new parents. All was good" Keshni*

*"What I enjoy about attending these cooking sessions is just coming together and meeting other mothers. I have learned to make simple and easy affordable meals/finger foods that I've never made before and have put it in to use by using the recipes I have learnt from the cooking sessions to make at home for my family to try, and they enjoy trying new things I make 😊"*