

COURSE GUIDE

SUMMER
TERM 1 2020



www.warragulcommunityhouse.org.au



SOCIAL GROUPS



LIFESTYLE COURSES



EMPLOYMENT PATHWAYS



SOCIAL GROUPS

Whether you're keen to learn a new skill or develop skills you're already passionate about, connect with others who share your interests or simply want to broaden your social circle, we host a number of friendly, welcoming and relaxed special interest social groups here at the house. All welcome!

Room Hire

We have five spaces available for hire at affordable rates for not-for-profit, business and community groups. Please visit our website, or call the office on 03 5623 6032 for enquiries and bookings.

Adult Aspergers Support Group

Date/Time Thursdays 13 February 1.30 - 2.30 pm
Cost **\$3 per person, per session**
Description Are you interested in joining a support group for adults on the autism spectrum? This is for anybody who has any form of autism formally diagnosed or self-diagnosed, you're welcome at this support group for autistic adults, by autistic adults.

Be Connected Computer Workshop

Date/Time Thursdays 11.00 am - 12.00 pm from 13 February
Cost **Free**
Description Petrified of computers? Join this session to get support so you can develop your digital skills and confidence with computers.

Book Club

Date/Time 2nd Thursday of the month 11.00 am - 1.00 pm
Cost **\$3 per person, per session**
Description Our lively book club meets once a month to discuss and explore a wide range of literature. Feel free to come along and give it a try.

Bridge Club

Date/Time Wednesdays 1.00 pm - 4.00 pm
Cost **\$3 per person, per session**
Description Join our friendly group and make new Bridge friends.

Community Board Games

Date/Time Tuesdays 1.00 pm - 2.30 pm from 4 February
Cost **\$3 per person, per session**
Description We're a diverse group of friendly community members. Join us for a cuppa, plenty of laughs and good conversation as we come together to play a range of board games starting at 1pm. All welcome!

Creative Writing Workshop

Date/Time Fridays 10.00 am - 12.00 pm from 7 February
Cost **\$3 per person, per session**
Description Do you enjoy writing stories and / or poetry? Our small group meets weekly and invites you to join us, to share and gain new ideas that will excite your creative passion.

Garden Chats & Visits

Date/Time Last Tuesday of each month
Cost **Free**
Description Join our garden tour group! We meet monthly to visit beautiful and noteworthy gardens around the Baw Shire and beyond.

Dads in Distress Support Group

Date/Time	Thursdays from 6 February 7.30 pm - 9.30 pm
Cost	FREE!
Description	Lost your kids? Your partner? Your role? Are you being portrayed as a "bad dad"? Are you not getting the opportunity to see your kids? Stressed? Need support? You are not alone! This group is FREE and CONFIDENTIAL. No judgement, no waiting. No booking in - just turn up! An experienced facilitator will make you feel welcome so you can be with, and talk to other dads in a similar situation.

Grief Support Group

Date/Time	Every fourth Wednesday from 26 February 7.30 pm - 9.30 pm
Cost	FREE!
Description	Compassionate Friends Victoria offer support for those who are experiencing grief. There is no pressure to talk or not to talk, cry or not cry, just a chance to be yourself, to have time-out. This group offers a safe haven, a listening and understanding ear with others experiencing grief.

LGBTIQ+ Support Group for Young People 15-25

Date/Time	Fridays 6.00 pm - 8.00 pm from 14 February
Cost	\$3 per person, per session
Description	A safe, friendly and supportive space to share, make new connections and help reduce loneliness and isolation. Facilitated by qualified Youth and Social Workers from Positive Minds Gippsland.

Multicultural Friendship Group

Date/Time	Wednesdays 10.30 am - 12.30 pm from 5 February
Cost	Free
Description	We invite people from all cultural backgrounds to come together each week for an informal catch up. This may involve anything from a simple cuppa and a chat, some English language practice, information sessions or an outing in the town. Kids welcome!

Spinning, Weaving & Wool Group

Date/Time	Second Saturday of each month 10.00 am - 2.00 pm from 8 February
Cost	\$3 per person, per session
Description	This group is open to anyone who wants to spin, weave, knit or crochet. People of all abilities welcome! The group will help each other and work exclusively with natural fibres.

Knitting & UFPs

Date/Time	Mondays 10.00 am - 12.00 pm from 3 February
Cost	\$3 per person, per session
Description	Join other craft enthusiasts and learners. Bring along your own projects, or start something new. Have a chat, share skills and friendship. Everyone welcome!

Miniature Makers Club

Date/Time	First Friday of the month 1.00 pm - 4.00 pm
Cost	\$3 per person, per session
Description	A group for dollhouse enthusiasts! Join us to share the skills and develop the techniques necessary to make miniature furniture and other goods from recycled materials.

Pathfinder Society Fantasy Games

Date/Time	Every second Sunday 11.00 am - 3.00 pm from 9 February
Cost	\$3 per person, per session
Description	Join this exciting roleplaying group for some fantasy games! Become an agent of the Pathfinder Society and join a legendary league of explorers, archaeologists and adventurers dedicated to discovering and chronicling the greatest mysteries and wonders of an ancient world. Escape into a world of science fiction, fantasy and intrigue! Become an agent of the Starfinder Society and discover both the wonders and horrors of space! Bring your own lunch to accompany you on your travels!

Stroke Support Group

Date/Time	Every second Tuesday 1.00 pm - 3.00 pm from 4 February
Cost	\$3 per person, per session
Description	Recovering from a stroke? Join our supportive, informative and friendly group! All ages and stages of recovery and adaptation are welcome. Share strategies and enjoy the company of others who understand.

The Golden Girls - Women Over 50 Support Group

Date/Time	Wednesdays 11.00 am - 12.30 pm from 5 February
Cost	\$3 per person, per session
Description	Women Over 50, particularly single women, are a growing and vulnerable demographic. This group offers a safe and friendly environment for women to come together for social support and information sharing.

EMPLOYMENT PATHWAYS



COACHING



TEACHING



KNOWLEDGE



DEVELOPMENT



LEARN



EXPERIENCE



SKILLS

Digital Literacy for the Workplace

Date/Time Wednesdays 12 February 1.00 pm - 4.00 pm x 7 weeks

Cost \$50

Description Further your digital skills for the workplace! This is a post beginner course for those wanting a deeper understanding of computer use in the workplace. It follows on from the Easy Steps to Computers course. Participants will engage in a deeper study of word processing, spreadsheets and presentations and file management. Also included is an introduction to Cloud and Google Docs.



SKILLS



Launch Your Career in Retail

Date/Time Tuesdays and Thursdays. 9.00 am - 4.00 pm x 7 weeks from 11 February. To be confirmed.

Cost \$50

Description Want to develop skills that enable you to work effectively and confidently in a retail environment? This course will show you ways best to communicate with customers, respond to their needs and maximise sales opportunities. You will learn about safe work practices and appropriate behaviour within a corporate culture. Ideal for those who wish to enter the workforce at an entry level and those who have been out of the workforce for some time. Commitment for the entirety of this course is essential. Places are limited so register your interest to secure a place! This course will be held off-site.



DEVELOPMENT



Easy Steps to Computers

Date/Time Wednesday 12 February 9.30 am - 12.30 pm x 7 weeks

Cost \$50

Description If you are new to computers, or are using them for the first time in the workplace, this is the course for you. Taking you step-by-step through basic computer use and function, you will become acquainted with file and folder management, safe use of internet and email, and the basic functions of Microsoft Word and Excel.



SKILLS



RESKILL

RETHINK RESULTS

If you are doing a course to up-skill for work, get a job, or to get into another course of study, you may be eligible for ACFE funding, which makes most courses just \$50.

Women Back in the Workforce!

Date/Time Mondays 3 February 9.30 am - 3.00 pm
x 8 weeks

Cost \$50

Description Have you been out of the workforce due to motherhood, career change, redundancy or other reasons? Let us help you! Build your confidence in interactions at work, personal presentation, interview skills and teamwork. This practical and popular course focuses on preparing women for job seeking and employment.



Let's Learn English!

Date/Time Mondays 3 February 1.00 pm - 3.00 pm
x 8 weeks

Cost \$50

Description Come and learn, or practice English in a safe and supportive environment. Our English language classes are tailored to learner needs and abilities. This is a great opportunity to improve your grammar and vocabulary, as well as reading, writing and engaging in conversational English. This course is particularly suitable for students who speak an additional language other than English.



Eligibility for ACFE funding:

Students must be undertaking the course to upskill for work, get a job, or to get into another course of study. Students must hold permanent residency/citizenship. Non-subsidised rate: 30 hours of study: \$300 / 20 hours of study: \$200





LIFESTYLE COURSES

Our lifestyle courses cover a range of special interest areas in the creative arts, humanities, technology and wellbeing. Come and learn a new skill or deepen your understanding of a topic in these fun, friendly and engaging classes!



Adult Ballet

Date/Time Tuesdays 4 February 7.15 pm - 8.15 pm x 8 weeks.

Cost \$120 / \$110 conc

Description Always wanted to dance? Learn the basics of ballet in this friendly and informal class. No prior experience necessary! Gain an understanding of the principles of ballet, with focus on quality and flow of movement. Yes, we can accommodate injuries and still give you a beneficial experience. Dress in comfortable clothing. This class is held off-site.

Basic Car Maintenance

Date/Time Saturdays 8 February 9.30 - 10.30 am x 4 weeks

Cost \$50 or do both courses for \$70

Description A class designed to give you the understanding and confidence to perform the important weekly checkups of your vehicle. Learn about different fluid levels, how to safely change a tyre and identify what the pressure in your tyres is meant to be. Our experienced tutor, Michael Klein, will explain your car's inner workings in a relaxed environment.

Advanced Car Maintenance

Date/Time Saturdays 7 March 9.30 - 10.30 am x 5 weeks

Cost \$50 or do both courses for \$70

Description This course follows on from the popular basic course, providing greater detail on the workings of your car. A mix of theory and practical sessions exploring the carburettor, fuel injection systems, ignition systems, electrical systems, braking, suspension and steering systems, manual and automatic gearboxes and how to tune your car.

Cooking Under Pressure

Date/Time Monday 23 March 10.30 - 12.30 pm

Cost \$50 full / \$40 conc

Description Join this practical demonstration with Sheryl Hastings... she's passionate about pressure cookers! You can use it to make yummy potato salad suitable for summer family get togethers.

Discover ways to Manage Anxiety and Depression

- Date/Time** Wednesday 11 March 6.30 - 8.00 pm
- Cost** **FREE ONE OFF SESSION!**
- Description** Want to find ways to manage your thoughts and accompanying self-sabotaging emotions? Discover ways to re-program habitual thought patterns leading to increased emotional freedom. Join Christopher Roering, clinical hypnotherapist, counsellor and psychotherapist for a free information evening. There will be ample opportunity for questions. Don't miss out! Book early! Limited seating available.

Drones Fever!

- Date/Time** Tuesdays 18 February 9.30 am - 3.00 pm x 6 weeks
- Cost** **\$290 (No Concession)**
- Description** Interested in learning how to fly a drone? This course will get you started! It will give you a basic level of competency, an understanding of aerial photography and videography. It will also give you 10 hours of simulated and practical flight hours as per the new CASA regulations for recreational flying. Great for general interest, farmers and STEM students! This course runs for 30 hours providing excellent value for money! Led by an experienced Drone teacher, Mick Green from Drift Media. Be quick, only 8 places available!

Fabulous Animal Felting

- Date/Time** Saturdays 21 March x 3 weeks 10.30 - 1.30 pm
- Cost** **\$120 full / 1\$110 conc + \$15 for materials**
- Description** Catch the bug with felting! Make a 3D animal whilst learning felting techniques. Students will work at their own pace in a stress free atmosphere with support from their talented and experienced tutor, Kathy Grass. Kathy won both first and second prize for her 3D felting creations in the 2019 Royal Melbourne Show! Materials \$15.





LIFESTYLE COURSES



Feldenkrais

Date/Time Thursdays 6 February 12.30 - 1.30 pm x 8 weeks

Cost \$120 / \$110 conc

Description Want to improve your movement for better functioning in everyday life? Make walking, working in the garden and almost anything you do more comfortable and efficient? Feldenkrais improves awareness of habitual patterns of movement and is especially helpful for those with arthritis, lower back pain or tight muscles. Led by an experienced practitioner and highly skilled tutor, Stanley Lithco.

Gentle Yoga

Date/Time Fridays 7 February 2.00 pm - 3.30 pm x 8 weeks

Cost \$130 / \$120 conc

Description Gentle Yoga is a safe and pleasurable way to develop greater ease of movement, increase strength and relieve stress. Classes include both floor and standing work. Each class includes a short breathing practice, meditation and concludes with relaxation.

Hands-On Guitar

Date/Time Mondays 3 February 6.30 pm - 7.30 pm x 8 weeks

Cost \$110 full / \$100 conc

Description Learn how to play guitar by ear, starting with the basics. Professional singer/songwriter and guitarist Luke Matthews will help you come to grips with playing chords, notes and scales, all by teaching you to play the songs.

Italian Language

Date/Time Wednesday 5 February 6.00 pm - 8.00 pm x 8 weeks

Cost 150 full / 140 conc

Description Buongiorno! Learn Italian! This course covers both oral and written elements of Italian and aims to provide you with a good foundation in the language. Suitable for both absolute beginners and those with some experience.

Living Life Well

Date/Time Thursday 6 February 1.00 pm - 2.00 pm x 8 weeks

Cost \$130 full / \$120 conc

Description Leap into 2020 with extra bounce! Want to increase your energy and achieve better health? Learn what you can do to reduce pain, get better sleep, improve energy and fortify your immune system.

Mend It! Save It! Fix It!

Date/Time	Saturday 29 February 1.00 pm - 3.00 pm
Cost	\$30 per person
Description	Spending too much money on clothes? Got any clothes tucked away that haven't been worn because they need mending? Need to fix any holes, hem an item of clothing or place a bright, colourful patch over a rip or tear? Learn some simple techniques that enable your clothes to last longer, be more sustainable and save landfill in the process! What's not to like about this!

Mindfulness for Anxiety and Addiction

Date/Time	Thursdays 6 February 5.30 - 6.30 pm x 8 weeks
Cost	\$130 full / \$120 conc
Description	Need to ease your anxiety? This group is for people looking to learn techniques that help diminish anxiety and addictive tendencies. You will learn techniques designed to help relieve negative thought patterns and behaviour that may impair your ability to think and behave constructively.

Mosaics for Pat the Dog Statue

Date/Time	Saturdays 7 March & 14 March 10.00 am - 12.00 pm
Cost	FREE!
Description	Love dogs? Join others in the local community to help make a coat for Pat the Dog, a giant statue to be situated in Yarragon. This statue will represent all the dogs that have been owned and loved in Baw Baw. He will be clothed in a bright mosaic coat made of beautiful coloured patchwork glass and visible from all the passing trains and cars on Princes Highway. This workshop is assisted by Regional Arts Victoria. Learn skills in mosaics whilst supporting a good cause!



Move It Well

Date/Time	Wednesdays 5 February 10.00 am - 11.00 am x 8 weeks
Cost	\$120 / \$110 conc
Description	Improve your coordination, balance, movement, control and strength. Low impact on your joints, with the potential for high impact on your mood and health! This class is held off-site.

Renew! Revive! Refresh!

Date/Time	Monday 20 January 10.00 am - 3.00pm
Cost	\$80 full / \$75 Conc
Description	Want to spoil yourself for a day? Looking to develop ease of movement? Need to become more mindful, establish new habits in the way you move? Then this workshop is for you! Who wouldn't want to start the year with greater flexibility and clarity of vision? All practices of the day are taken from the Feldenkrais Method and gentle yoga. No prior experience required. Participants will need to be comfortable getting up and down from the floor. Tea and coffee will be provided. Bring your own lunch for extra sustenance!

Painting & Drawing Beginning

Date/Time	Fridays 7 February 10.00 am - 12.00 pm x 8 weeks
Cost	\$150 full / \$140 conc
Description	Come on a creative journey with artist and experienced art teacher Maureen Quigley. Learn to draw and use watercolour paints in this fun and relaxed class. You will practice a range of techniques to begin your art practice and pursue a project of your own choice. Materials list available on enrolment - approximate cost of materials is \$120. This class is held off-site.

Painting & drawing Developing

Date/Time	Fridays 7 February 1 - 3 pm x 8 weeks
Cost	\$150 full / \$140 conc
Description	Join Maureen Quigley in this art class for students with a little bit of drawing and watercolour experience (even a term or two will do). Materials list available on enrolment - approximate cost of materials is \$120 for new learners. This class is held off-site.

Philosophy and Rhetoric

Date/Time	Tuesdays 18 February 6.00 pm - 8.00 pm x 6 weeks
Cost	\$130 full / \$120 Conc.
Description	Rhetoric: What is it? Can it help? Or is it just a nuisance? Everyone seems to 'know' that rhetoric is a bad thing. It manipulates, bullies and is full of lies and fake news. This is bad rhetoric. But is there a good rhetoric? In this informal conversation course, local philosopher Dr Rob McCormack will lead you through an investigation of rhetoric as a training in civil discourse and speculate on its potential to help shape a more ethical future.

REVIVE



LIFESTYLE COURSES

Sizzling Summer Salads!

Date/Time Saturday 29 February 10.30 - 2.30 pm

Cost \$90 full / \$80 conc

Description Who says you can't make friends with salad? In this class, Natasha will teach you how to make a variety of impressive salads, using wholesome fresh seasonal produce, perfect for summer meals, and how to make your own dressings to complement each salad.

Spanish

Date/Time Mondays 17 Feb 6.00 pm - 8.00 pm x 6 weeks

Cost \$120 full / \$110 conc

Description This popular language class covers oral and written elements of Spanish and aims to provide you with a strong foundation in the language. Suitable for absolute beginners and those with some experience.

Tap Dancing

Date/Time Mondays 3 February 7.15 pm - 8.15 pm x 8 weeks

Cost \$120 / \$110 conc

Description If you're looking for a fun and joyful way to improve your coordination, strength and stamina, why not try tap dancing? You need zero experience to join this friendly class for adults of all ages and abilities...just a pair of tap shoes and a desire to move your feet.

Sumptuous Coffee Making!

Date/Time Saturday 21 March 1.00 pm - 4.00 pm

Cost \$80 full / \$70 Conc

Description Steam! Hot pressured water! Frothing milk! Sometimes a coffee machine can look intimidating to the untrained. Want to know how to make a cafe standard magnificent cup of coffee? Then this workshop is for you! Learn about the origins of coffee, roasting, grinding and latte art with an experienced Barista whilst sipping a sumptuous coffee!

Do you have a special skill, vocation or talent that you would like to share with students at the house? We are always looking for practitioners to run classes here. Get in touch: info@wchouse.org.au



THE
PERFECT
COFFEE

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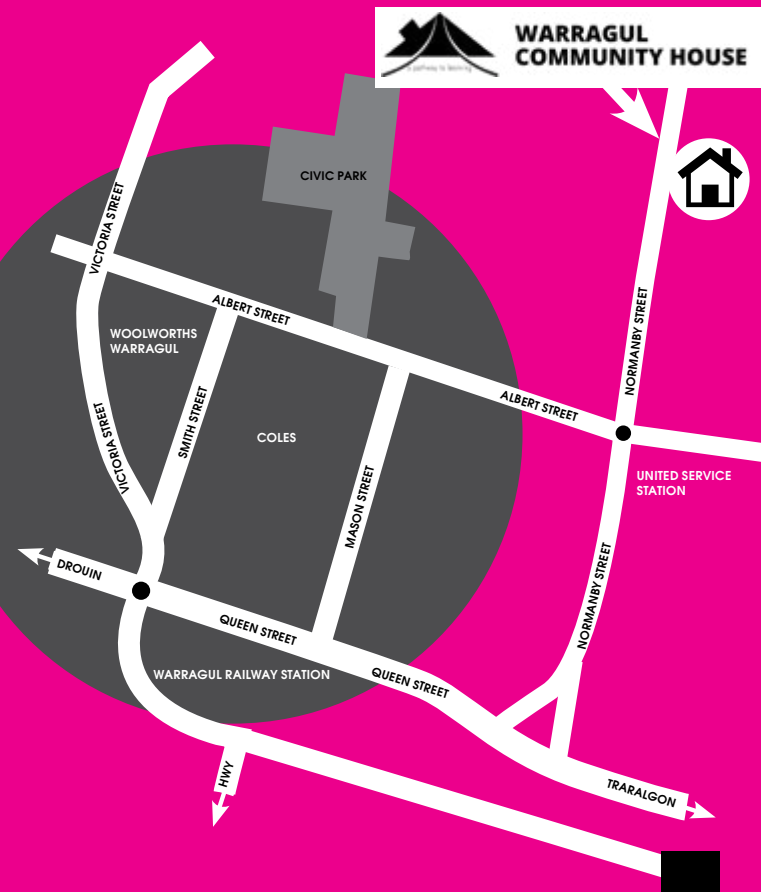
CONTACT US

Reception/Office:
Monday to Friday, 9.00am to 4.30pm

 **Warragul Community House**
138 Normanby Street
Warragul

 03 5623 6032

 info@wchouse.org.au



Follow us on social media

 **Warragul Community House**

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How to enrol & pay for classes

Online: www.warragulcommunityhouse.org.au
In person: **138 Normanby Street, Warragul**
Phone: **(03) 5623 6032**

Cancellations and Withdrawals

Classes that are not fully booked may need to be cancelled. By registering your interest, and enrolling in advance, classes will have a better chance of going ahead.

If Warragul Community House cancels a class, you will get a refund by direct bank deposit at the end of the month.

If you withdraw from a class more than 5 working days before the advertised starting date, and you have notified the house in writing, a refund less an administration charge will be given.

No refund will be given if you withdraw less than 5 working days before the advertised course start day.



SOCIAL GROUPS



EMPLOYMENT
PATHWAYS



LIFESTYLE COURSES

Meet Our Tutors!

You can read all about our knowledgeable, friendly and passionate tutors on our website!

www.warragulcommunityhouse.org.au

For further information visit our website
www.warragulcommunityhouse.org.au