

# WARRAGUL COMMUNITY HOUSE TERM 4 COURSE GUIDE 2024

Ask us about our FREE programs: laptops for loan, assistance with technology, bathroom and laundry facilities available for use.

## LIFESTYLE COURSES

### Feldenkrais

**Date/Time** Thursdays 3rd October  
9:15 am - 10:15am x 6 weeks

**Cost** \$100 full / \$90 conc

**Description** Improve the quality of your movement for a fuller more enjoyable life. Feldenkrais is helpful everyone including for those that have arthritis, back pain or tight muscles.

### French Beginners Course

**Date/Time** Wednesdays 30th October  
6:00 pm - 7:00pm x 6 weeks

**Cost** \$100 full / \$90 conc

**Description** Have you been trying to learn French but with little success? Let's learn basic French together.

### Gentle Yoga and Meditation

**Date/Time** Fridays 4th October  
2:00 pm - 3:30 pm x 7 weeks

**Cost** \$145 full / \$135 conc

**Description** Improve your movement and reduce your stress! Classes run by a qualified, experienced and supportive teacher. Mats and blankets supplied.

### Kitchen Garden Course

**Date/Time** Wednesdays 23rd October  
10:00 am to 12:30pm x 4 weeks

**Cost** \$70 full/ 60 conc

**Description** This course caters to all gardening skill levels and abilities, covering planting, soil preparation, pest control, and harvesting. Join us for fun, hands-on sessions with fellow enthusiasts, and share gardening stories and tips. Let's grow together and nurture a passion for homegrown produce.

### Tai Chi Qigong for Health and Wellbeing

**Date/Time** Mondays 30th September  
1:00 pm to 2:00 pm x 7 weeks

**Cost** \$90 full / \$80 conc

**Description** Tai Chi Qigong is a low impact exercise class designed to develop muscle strength, flexibility, balance and prevents risks of falls.

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## EMPLOYMENT PATHWAYS

### CAFÉ 138 - Hospitality Training

**Date/Time** Wednesdays 9th October  
9:30 am to 3:30 pm x 10 weeks

**Cost** \$60 (\$50 + Admin fee \$10)

**Description** Gain hospitality industry skills: food handling, practical training, venue visits, guest speakers, and customer service.



### Canva Essentials - Design like a pro

**Date/Time** Mondays 28th October  
4:30 pm - 6:30 pm x 5 weeks

**Cost** \$60 (\$50 + Admin fee \$10)

**Description** Learn the essentials of Canva to create stunning designs with ease, from basic tools to advanced techniques



### Citizenship Course

**Date/Time** Inviting expressions of interest.  
Date and Time: TBA

**Cost** \$60 (\$50 + Admin fee \$10)

**Description** The citizenship application preparation program supports those who are looking to prepare for their citizenship test including application process, interview support, document uploads and practice tests.



### Easy Steps to Computers for Beginners

**Date/Time** Wednesdays 23rd October  
9:30 am - 12:30 pm x 7 weeks

**Cost** \$60 (\$50 + Admin fee \$10)

**Description** This introductory computer course covers Microsoft Word, Excel, and Office basics for building confidence.



### Get ready to work in Care and Support

**Date/Time** Fridays 18th October  
9:30 am to 3:30 pm x 7 weeks

**Cost** \$60 (\$50 + Admin fee \$10)

**Description** This course prepares for job roles in care and support industry, covering employment and entrepreneurship requirements.



Visit: Warragul Community House, 138 Normanby Street, Warragul.  
Book online: Find the course and book at

[www.warragulcommunityhouse.org.au](http://www.warragulcommunityhouse.org.au)





# Ph: 56 236 032 ENROL NOW

## Increase productivity with Chat GPT

**Date/Time** Fridays 25th October  
4.30 pm - 6.30 pm x 5 weeks

**Cost** **\$60 (\$50 + Admin fee \$10)**

**Description** This class is for anyone with basic to intermediate understanding of computers and who wants to use Chat GPT at work, with ease. Come and learn in a friendly atmosphere and gain the skills to thrive at work effortlessly.



## Intermediate Computers for Work & Home

**Date/Time** Tuesdays 22nd October  
1:15 pm - 4:15 pm x 7 weeks

**Cost** **\$60 (\$50 + Admin fee \$10)**

**Description** This intermediate course delves deeper into Microsoft Office tools and introduces Cloud Computing.



## Job Club: Practical assistance to search and apply for jobs

**Date/Time** Mondays and Thursdays 21st October onwards 9:30 am - 3:30 pm x 5 weeks

**Cost** **\$60 (\$50 + Admin fee \$10)**

**Description** These sessions focus on employment readiness: crafting resumes, tailoring cover letters, and confidence-building for job interviews.



## Microsoft Excel for Work

**Date/Time** Inviting expressions of interest. Date and Time: TBA

**Cost** **\$60 (\$50 + Admin fee \$10)**

**Description** This class is for anyone with foundational understanding of computers and who wants to use Microsoft Excel at work, with ease. Come and learn in a friendly atmosphere and gain the skills to thrive at work confidently.



## Multicultural Friendship Group (Language for Life)

**Date/Time** Wednesdays 9th October  
10:30 am - 12:30 pm x 8 weeks

**Cost** **FREE**

**Description** Join our Multicultural Learning Group! A great group to make friends, find information to help you learn about Australian culture and practice your English. All welcome!



Learn Local courses prepare learners for work or further education. Eligibility requirements apply.

## SOCIAL GROUPS

### Basic Computer Walk in Sessions

**Date/Time** Thursdays 9:15 am - 10:15 am

**Cost** **Free**

**Description** This course is to gain confidence for those new to computers.

### Book Club

**Date/Time** 2nd Thursday of each month  
11:00 am - 1:00 pm

**Cost** **Monthly \$3 per person, per session or \$30 for the whole year**

### Bridge Club

**Date/Time** Wednesdays 1:00 pm - 4:00 pm

**Cost** **Weekly \$3 per person, per session or \$84 for the whole year**

### Creative Writing Workshop

**Date/Time** Fridays 10:00 am - 12:00 pm

**Cost** **Weekly \$3 per person, per session or \$84 for the whole year**

### Golden Girls Women Over 50 Social Group

**Date/Time** **Warragul:** Wednesdays 10:30 am - 12:00 pm  
**Drouin:** Tuesdays 10:00 am - 11:30 am  
**Trafalgar:** Tuesdays 10:30 am to 12:00 pm  
**Baw Baw:** Thursdays 10:30 am to 12:00 pm

**Cost** **Weekly \$3 per person, per session or \$84 for the whole year**

**Description** Come and join this lively group who meet at local cafes.

### Grief Support Group

**Date/Time** Fourth Wednesday of each month  
7:30 pm - 9:30 pm

**Cost** **Free**

**Description** Gain support from others who have lost a child.

### Knitting, Crochet and Craft

**Date/Time** Mondays 10:00 am - 12:00 pm

**Cost** **Weekly \$3 per person, per session or \$84 for the whole year**

### Neuro Divergent Group

**Date/Time** Every 4th Monday of the month  
10:00 am - 12:00 pm

**Cost** **Free**

**Description** For neuro divergent adults looking for social interaction, activities and contact with others.

## Narcotics Anonymous Support Group

**Date/Time** Thursdays 7.30 pm – 9:00 pm

**Cost** **By donation**

**Description** Narcotics Anonymous meetings are a gathering of recovering addicts, who meet regularly for the purpose of recovery from the disease of addiction. Bookings through Narcotics Anonymous : 1300 652 820

## Substance Abuse Support Group (ACSO)

**Date/Time** Every 2nd and 4th Tuesday of the month 5:30 pm - 7:30 pm

**Cost** **Free**

**Description** For family members and significant others dealing with a loved one's substance abuse.

## Stroke Support Group

**Date/Time** Every 1st & 3rd Tuesday of each month 1:00 pm - 3:00 pm

**Cost** **Fortnightly \$3 per person, per session or \$50 for the whole year**

## Tai Chi for Practitioners

**Date/Time** The group meets at 10.00 am OFF SITE at Civic Park in Terms 1 and 4, at 9.30 am at WCH in Terms 2 and 3.

**Cost** **Weekly \$3 per person, per session or \$50 for the whole year**

## FREE SERVICES

### Financial Counselling

**Date/Time** By appointment (Fridays)

**Cost** **Free**

### Skills and Jobs Centre Appointments with Andrea

**Date/Time** By appointment every third Monday of the month

**Cost** **Free**

### Tax Help

**Date/Time** By appointment (Fridays)

**Cost** **Free**

### Technology Help

**Date/Time** By appointment

**Cost** **Free**