

**2020**  
**Term 1**  
28 January to 27 March

**Learning is a  
treasure that will  
follow its owner  
everywhere**



**We Make Learning Fun!**

**TRARALGON NEIGHBOURHOOD LEARNING HOUSE**

11-13 Breed St, Traralgon | 5174 6199 | [info@wideband.net.au](mailto:info@wideband.net.au)

Discover how you can:

- improve your skills for employment
- a pathway to further education
- enjoy a hobby
- meet new friends
- have fun



## GROW MORE OF WHAT YOU WANT IN YOUR LIFE

### quick guide

Courses are subject to change. For expressions of interest and enrolments please speak to our friendly office staff

**monday**



Literacy | Pilates | Al-Anon | Creative Writing | AA Women's Group |



French 3 (Intermediate) | Spanish Adv | Unfinished Projects | Auslan Beginners & Advanced | Moving Together - dance class

**tuesday**



Recipe For Success | Yoga | Poppy Creators | Creative Craft | Sewing | Meditation



French 5 (Advanced) | Cake Decorating - The Modern Sugar Flower |

**wednesday**



Knitting and Crochet | Yoga | Cake Hacks-Cake Decorating | Spinners & weavers | Office for Work



French (Beginners 2) | Spanish Beginners | Yoga | Cake Hacks-Cake Decorating

**thursday**



Yoga | Art | Creative Craft | French Beginners 1 | Windows 10 | Getting Connected (Internet/Email/Facebook/Skype) |



Pilates | Belly Dancing | French 4 (Intermediate) | Italian | Cake Hacks-Cake Decorating

**friday**



Knitting and Crochet | Cooking | Creative Craft | Mosaics | Pathways Computers (Word/Excel/Email) |



# your pathway

We provide a variety of Learn Local pre-accredited courses which will provide you with the foundation skills for your pathway into employment or further studies. Speak to us about your needs, we can help.



## literacy and numeracy

Many people have had disrupted or difficult school experiences. We can help build confidence and skills in literacy and numeracy with one to one tuition. Our tutors will cater to your individual needs. Cost on application.

## introduction to disability

Are you thinking about a career in disability? This course will help you decide and is also a pathway to further education and employment. This 6 week program includes site visits, guest speakers, accredited units (incl First Aid certificate) and work experience. In partnership with LVA & TAFE Gippsland.

## transforming women

Designed for women to explore their potential, discover their strengths, build confidence, become aware of new possibilities and transform their lives.

## recipe for success

This great course is for all abilities to increase confidence with cooking, life skills and literacy and numeracy. Plus it's lots of yummy fun!

## new horizons hospitality training

Customer service in hospitality training including RSA and Safe Food Handling certificates. This program will develop your hospitality & customer service skills. In partnership with:



## getting ahead

Do you ever feel like you're just not getting anywhere in life? Discover how to get ahead instead of 'just getting by'. You will uncover the hidden rules for getting ahead and build your resources to improve your life.

## event planning with VRI connect

Students will gain the skills, knowledge and confidence to develop, plan, organise and facilitate an open panel presentation, discussion & networking event involving local employers and their hiring processes

We are now taking expressions of interest for the following:

- getting ahead
- recipe for success
- transforming women
- introduction to disability
- new horizons hospitality training
- event planning with VRI connect
- a taste of horticulture

Phone us now on 5174 6199

Thinking of studying in 2020? We can help

**New Study Success course**

taking expressions of interest

Ask us about any of these courses today and take the first step on your pathway



# your digital life

Digital literacy is essential for employment, further study and getting by in our modern world. We are proud to be a Learn Local provider of quality courses.



## office for work \$115 inc manual

Choose from Word | Excel | MYOB | Reckon | Payroll | PowerPoint

WED 9.00am - 11.00am Anne

WED 11.00am - 1.00pm Anne

**whatever your digital needs we can help, please let us know what you need**

## digital literacy

### windows 10 beginners \$85 term

THURS 10.00am - 12.00pm Phil

### getting connected \$85 term

internet | email | facebook | skype

THURS 12.30pm - 2.30pm Phil

### pathways computers for employment intro to word | excel | email \$85 term

FRI 10.00am - 12.00pm Phil

### photoshop \$ TBA

TBA Phil



## get your business found online

This great new course is an absolute must for any Small Business that wants to avoid the frustration and cost associated with marketing their business and finding new customers. Help with your digital marketing strategy, websites, social media essentials and more....

Also perfect for anyone who would like to gain employment in the digital marketing field and assist local business with their online presence.

## taking expressions of interest





# your wellness

Self-care is not just a buzz word.

It's an essential strategy for keeping you healthy by reducing stress, preventing you from becoming overwhelmed and increasing your focus.

Self-care isn't about 'taking' time out. It helps you think more clearly, maintain your energy and make progress on the things that matter to you. Self-care helps you 'give' back.

There is only one you.  
Nurture your body and mind.  
Live your best life.

## yoga

*\$12 week | \$95 per term*

TUE	9.00am - 10.15am	Karen	Monomeath
TUE	9.30am - 10.45am	Heather	LVPG
TUE	11.00am - 12.15pm	Heather	LVPG
WED	9.30am - 10.45am	Heather	LVPG
WED	11.00am - 12.15pm	Jeni	LVPG
WED	1.00pm - 2.15pm	Jeni	LVPG
WED	5.45pm - 7.00pm	Jeni	LVPG
THUR	9.30am - 10.45am	Jeni	LVPG
THUR	11.00am - 12.15pm	Jeni	LVPG



## moving together - dance *\$10 per week*

MON	6.00pm - 7.00pm	Aisha	Monomeath
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## pilates *\$12 week | \$75-\$95*

MON	9.00am - 10.00am	Adriana	LVPG \$75
THUR	7.15pm - 8.15pm	Adriana	LVPG \$95

## meditation

*experienced only, drop in session \$5*

TUE	10.45am - 11.45am	Pam	Monomeath
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## belly dancing *\$12 week | \$95 9 weeks*

THUR	6.00pm - 7.00pm	Adriana	LVPG
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# your creativity

Unleash your creativity! Find joy in the process of creating. Master a practical skill like sewing, express yourself through your words, capture the world around you in pictures or innovate with art. Create a life you love.

## creative craft \$10-12 wk | \$77-\$95 term

TUE	1.00pm - 3.00pm	Kerri	Room 1
THUR	9.30am - 11.30am	Kerri	Room 1
THUR	1.00pm - 3.00pm	Kerri	Room 1
FRI	10.00am - 12.00pm	Kerri	Room 3
FRI	12.00pm - 2.00pm	Kerri	Room 3 \$95

## creative writing \$12 wk / \$75 7 weeks

MON	1.00pm - 3.00pm	Maria	Room 1
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## art \$12 wk / \$55 5 weeks

THUR	9.00am - 11.00am	Janice	Room 4
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THUR	11.00am - 1.00pm	Janice	Room 4
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## poppy creators - knitting for community no fee

TUE	9.30am - 12.00pm		Room 1
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## unfinished projects-knitting/crochet

MON	7.00m - 9.00pm	gold coin	Room 4
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## needle felting

Expressions of interest being taken for this fabulous new craft. Also a great stress reliever



## sewing \$10 week | \$77 9 weeks

TUE	1.00pm - 3.00pm	Ronis	Room 4
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## knitting + crochet \$10-12 wk / 9 weeks

WED	9.00am - 11.00am	Hazel	Room 1 \$77
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FRI	9.00am - 12.00pm	Hazel	Room 1 \$95
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## spinners + weavers

WED	12.00pm - 3.00pm		Room 1
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## mosaics \$12 week | \$95 9 weeks

FRI	11.30am - 1.30pm	Paula	Room 4
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# your language

Language is how we connect, understand and make our way in the world. Prepare for travel, chat with loved ones in a native tongue or learn a new skill.

## italian \$12 week | \$95 9 weeks

THUR 5.30pm - 7.00pm Maria Room 1

## spanish \$12 week | \$75 7 weeks

MON 6.00pm - 7.30pm Cinthia Room 3 ADV

WEDS 6.00pm - 7.30pm Cinthia Room 1 BEG

## auslan \$190 | \$160 conc 8 weeks & excursion

MON 6.00pm - 7.30pm Peter Room 1 ADV

MON 7.30pm - 9.00pm Peter Room 1 BEG

## french \$12 week | 7-9 weeks

beginners 1 \$95 9 weeks

THUR 4.00pm - 6.00pm Martine Room 3

beginners 2 \$95 9 weeks

WED 5.00pm - 7.00pm Martine Room 3

intermediate 3 \$75 7 weeks

MON 6.00pm - 8.00pm Martine Room 2

intermediate 4 \$140 9 weeks

THUR 6.00pm - 8.00pm Martine Room 3

advanced conversational 5 \$95 9 weeks

TUE 6.00pm - 8.00pm Martine Room 3

**Speak to us about English as a an additional language, we have tutors available to help. Fee on application.**





## your taste

Food brings us together, takes us back in time,  
brings us joy, comfort and sustenance.

Food is a career, an opportunity, an indulgence.  
Food is love. Food is life.

**sugar flowers hoop** *\$150 for 8 weeks*

TUE 6.00pm - 8.00pm Jody Room 4

*\$145 for 8 weeks*

**'cake hacks' - cake decorating**

WED 1.00pm - 3.00pm Jody Room 4

WED 6.00pm - 8.00pm Jody Room 4

THUR 6.00pm - 8.00pm Jody Room 4

**recipe for success** *\$12 week | \$85 8 weeks*

TUE 9.30am - 12.00pm Maria Room 4

**cooking** *\$12 week | \$95 9 weeks*

FRI 9.00am - 11.00am Barb Room 4

**new horizons hospitality training**

*\$NO FEE for eligible students*

**Taking Expressions of interest for 2020**

Customer service in hospitality training includes  
RSA and Safe Food Handling certificates.

A practical hands-on program to develop your  
hospitality & customer service skills, including  
work experience.



## your support

**Al-anon**

MON 10.00am - 12.00pm Room 1

**AA women's group**

MON 4.00pm - 5.30pm Room 3

**AA**

FRI 7.00pm - 9.00pm Room 1

**overeaters anonymous**

SAT 10.00am - 11.00am Room 3

**anxiety support group (ARCVic)**

2nd MON of month 5.30 - 7.00pm Meeting Room



## your term fees

Traralgon Neighbourhood Learning House is a non profit community based organisation and as such we endeavour to keep our class fees manageable and available to all.

When you register to attend a course you do so for the term.

Term fees are to be paid in full in the first week of term.

When you pay upfront, you pay your fees at a reduced rate.

Those who choose to pay weekly pay a slightly higher weekly fee.

All classes you enrol in for a term are expected to be paid for, whether you attend or not. Tutors, room hire and other costs still need to be paid and courses are scheduled based on student enrolments.

A \$5 admin fee applies to all classes each term. If you are enrolled in multiple classes you only pay one admin fee per term. If you are paying weekly, the admin fee is to be paid in the first class you attend.

Workshop fees are to be paid in full prior to the day of the workshop. Your enrolment is not guaranteed until payment has been received.

Our courses/workshops are very popular and sometimes full. Please ensure you confirm your enrolment.

Please speak to the office staff if you have any concerns.

**our office hours are: 8.30am - 4.00pm Monday to Friday  
and 9.00am - 4.00pm during school holidays**

**Do you have a special interest or skill you would like to share?  
Perhaps you would like to become a tutor. Have a chat to us today.**

**Remember to like us on facebook and keep up to date with upcoming  
courses and events**

Facebook: [www.facebook.com/Traralgon-Neighbourhood-Learning-House](http://www.facebook.com/Traralgon-Neighbourhood-Learning-House)

**Traralgon Neighbourhood Learning House receives funds from  
Adult Community and Further Education (ACFE), Latrobe City and the  
Department of Health and Human Services**



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

*other learning locations:*

**VRI Hall**

18 - 20 Queens Parade, Traralgon

**Latrobe Valley Physiotherapy Group**

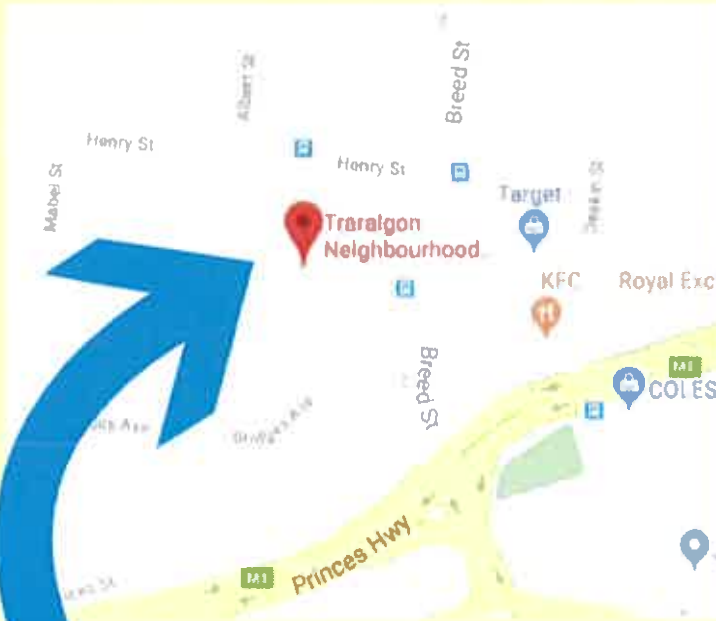
LVPG

9 Breed Street, Traralgon

**Monomeath Senior Citizens Centre**

Monomeath

Victory Park, Traralgon



*find yourself here*

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**We Make Learning Fun**

**your registration of interest**

Date:

Name:.....

Telephone Number:.....

Course I would like to register for:.....

Day | Night | Either (please circle) Preferred day or time.....

**Which Path will you take?**

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