



2021
Term 2
19 April to 25 June

Keep on Shining

We Make Learning Fun!

TRARALGON NEIGHBOURHOOD LEARNING HOUSE

11-13 Breed St, Traralgon | 5174 6199 | enquiries@tnlh.org.au

Discover how you can:

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

EMBRACE
NEW
BEGINNINGS

THIS IS YOUR TIME TO SHINE

quick guide

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

monday



Pilates | Literacy | Creative Writing



French 4 (Intermediate) |

tuesday



Yoga | Transforming Women | Poppy Creators | Creative Craft | Recipe For Success | Sewing | Pathways Computers (Email/Word/Excel) | Getting Connected (Internet/Email/Social Media)



Cake Decorating - The Modern Sugar Flower | Spanish Beginners | Spanish Advanced

wednesday



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



Yoga | French (Beginners 3) | Cake Decorating | Auslan Beginners

thursday



Yoga | Art | Creative Craft | French Beginners 2 | Windows 10



Belly Dancing | Pilates | French 5 (Intermediate) | Italian | Cake Decorating | SLR Digital Cameras

friday



Knitting and Crochet | Cooking | Creative Craft | Mosaics



transforming women

Be inspired to transform your life! Designed for women to explore their potential, discover their strengths, build confidence, become aware of new possibilities and transform their lives. The perfect course for those who have been out of the workforce and want to reach their goals for employment, further study and life.

introduction to the disability sector

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 program includes an introduction to the Disability sector, digital literacy skills, study skills, site visits, guest speakers, communication workshop and more.

In partnership with LVA & TAFE Gippsland.



work readiness skills

Do you need help with your resume and interview skills? Do you want to build your confidence to go after the job that you want? Need to know how to dress for success and how to develop the right body language and attitude? This new course will assist you in honing your interview skills and confidence so you can apply for employment with confidence. Expressions of interest required.

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.

recipe for success

This great all abilities course is the perfect way to increase confidence with cooking, life skills and literacy and numeracy. It really will be your Recipe for success! Plus it's lots of yummy fun!

get serving in hospitality

The hospitality industry is crying out for workers and this fabulous short course gives you all the essential skills and certificates you need to get started. Includes work experience and 3 certificates.



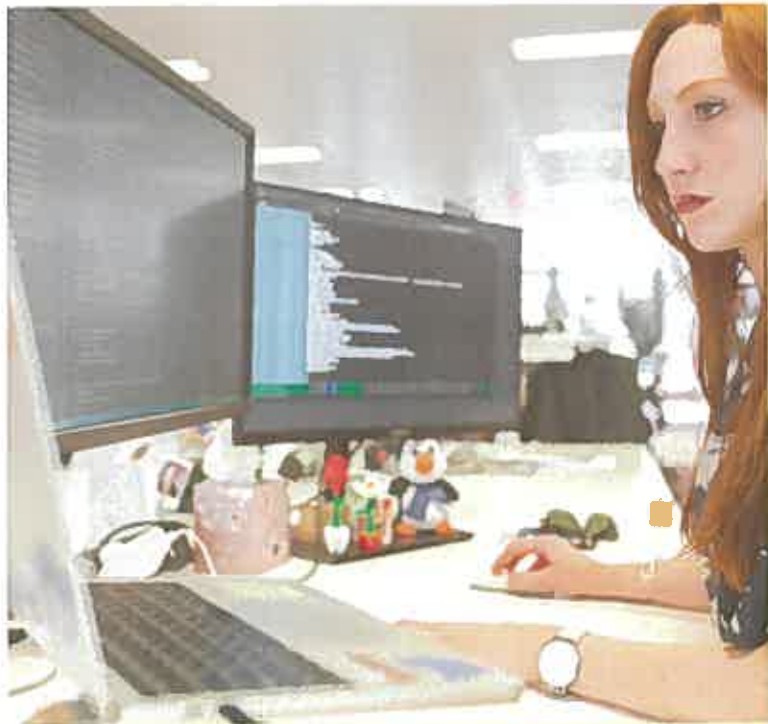
new horizons - growing with food

Discover the opportunities available to you in the growing Food industry and improve your chances of employment. Learn what employers are looking for, interview skills, resume writing, digital literacy skills, the right way to communicate and more. Meet industry experts. Study from anywhere

a taste of horticulture

Are you interested in learning how to grow your own food? Would you like to develop your skills for employment or further study in the horticulture field? This new course will give you a taste for the horticulture sector and the practical and life skills you need to succeed. Expressions of interest required.

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.



Whatever you want to learn on the computer, we can help. Please let us know what you need.

office for work \$95 plus \$30 manual

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

WED 10.00am - 12.00pm Anne

computers for you \$95 term

windows 10 beginners
THURS 9.30am - 11.30am Phil

photoshop
TBA Phil

pathways computers for employment
intro to word | excel | email

TUES 9.30am - 11.30am Phil

getting connected
internet | email | facebook | skype | zoom

TUES 12.00pm - 2.00pm Phil

THIS
IS
your
YEAR



Digital Matters 8 hour beginners course

Need to build your confidence with computers? Look no further than the Digital Matters course. Discover the world of online technology such as Zoom, internet safety, social media platforms, online banking, MyGov etc. Navigate the online world safely and securely. Ask us how! Expressions of interest required.

slr cameras \$105 6 weeks

THURS 6.00pm - 8.00pm Tara



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 wk | \$105 term

TUES	9.30am - 10.30am	Heather
TUES	11.00am - 12.00pm	Heather
WEDS	9.30am - 10.30am	Heather
WEDS	11.00am - 12.15pm	Jeni
WEDS	1.00pm - 2.15pm	Jeni
WEDS	5.45pm - 7.00pm	Jeni
THURS	9.30am - 10.45am	Jeni
THURS	11.15am - 12.30pm	Jeni

all yoga classes held in yoga room LVPG



pilates

\$12 wk | \$95-\$105 term

MON	9.00am - 10.00am	Adriana
THURS	7.00pm - 8.00pm	Adriana

belly dancing

\$12 wk | \$105 term

THUR	5.45pm - 6.45pm	Adriana
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all classes are held in the yoga room LVPG

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 writing \$12 wk / \$95 term

MON 1.00pm - 3.00pm Maria R 1

art \$12 wk / \$105 term

THUR 9.00am - 11.00am Janice R 4

THUR 11.00am - 1.00pm Janice R 4



unfinished projects-knitting/crochet

gold coin

MON 7.00pm - 9.00pm R 4

poppy creators community knitting

TUE 9.00am - 12.00pm NO FEE

spinners + weavers

WED 12.00pm - 3.00pm R 3

knitting + crochet \$10-12 wk | \$85-105

WED 9.00am - 11.00am Hazel R 1 \$85

FRI 9.00am - 12.00pm Hazel R 1 \$105



sewing \$12 wk | \$105 term

TUE 1.00pm - 3.00pm Ronis R 4

creative craft \$10 wk | \$85 term

TUES 1.00pm - 3.00pm Kerri R 1

THUR 9.30am - 11.30am Kerri R 1

THUR 1.00pm - 3.00pm Kerri R 1

FRI 10.00am - 12.00pm Kerri R 3

mosaics \$10wk | \$85 term

FRI 11.30am - 1.30pm Paula R 4



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.

french with Martine

\$12 week | \$95-105 term

intermediate 4

MON 6.00pm - 8.00pm

beginners 3

WED 5.00pm - 7.00pm

beginners 2

THUR 4.00pm - 6.00pm

italian

\$12 week | 105 term

THURS 5.30pm - 7.00pm Maria R1

spanish

\$12 week \$TBA

TUES 5.00pm - 6.30pm Cinthia R1

TUES 6.45pm - 8.15pm Cinthia R1

intermediate 5

THUR 6.00pm - 8.00pm

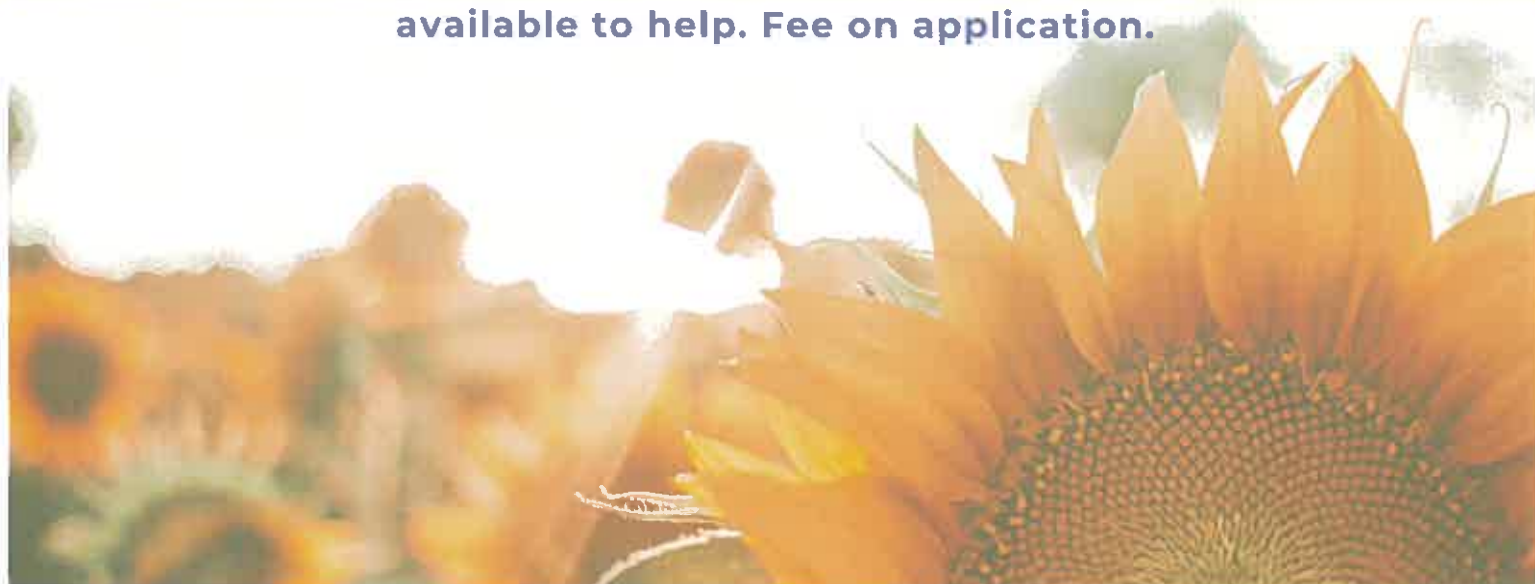
All French classes held in Room 3

auslan - beginners

\$200 | \$180 conc

WEDS 6.00pm - 7.30pm Peter R1

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.

these classes are all held in Room 4

recipe for success \$12 week / \$105 term

TUE 9.30am - 12.00pm Maria

cooking \$12 week / \$105 term

FRI 9.00am - 11.00am Barb

the modern sugar flower

\$175 term

TUE 6.00pm - 8.00pm Jody

Learn to create a David Austin Rose, Orchid stem and a double ruffled Camellia and more

cake decorating

\$175 term

WED 1.00pm - 3.00pm Jody

WED 6.00pm - 8.00pm Jody

THUR 6.00pm - 8.00pm Jody



counselling

FREE counselling is available Thursdays by appointment.

Counsellor is Peter Cartwright

anxiety support group (ARCVic)

ARCVic Helpline 9830 0533

FREE online Zoom meetings can be found on ARCVic's event calendar

<https://www.arcvic.org.au/community-education/community-education-seminars>

your support

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 Zoom

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 our friendly 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**

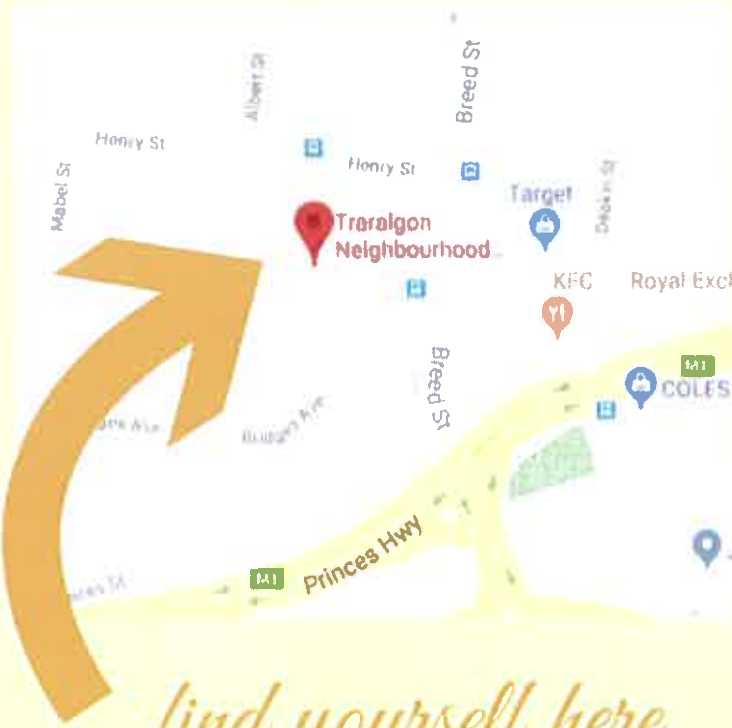
Facebook: www.facebook.com/Traralgon-Neighbourhood-Learning-House

**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

other learning locations:



find yourself here

VRI Hall

18 - 20 Queens Parade, Traralgon

Latrobe Valley Physiotherapy Group

LVPG

9 Breed Street, Traralgon



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We Make Learning Fun

Date: your registration of interest

Name:.....

Telephone Number:.....

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

Day | Night | Either (please circle)

Preferred day or time:.....

www.tnlh.org.au