

TERM 1 - 2026

Traralgon Neighbourhood Learning House

Recipe for Success Tutor Brenda

Tuesday 9.30am - 12pm

\$7.50 per week or \$60
for the 10 Week Term

Build your confidence to cook for yourself.
We build basic literacy and numeracy skills into these classes.



Empowering Women Course

Register for the Course Taster
Event 18th February Time TBC

A program designed to help women rediscover their confidence, skills, and direction.

Take the time to discover your strengths and potential.



Digital Essentials

Expressions of Interest
Day and time TBC

\$7.50 per class or \$60 for a 10 week term.

Frustrated with technology? Need support at your own pace?





Traralgon Neighbourhood
Learning House Inc

Art and Creativity



Monday

Creative Writing 1pm - 230pm

Cost \$104 per term
(8 weeks only with two public
holidays)
or \$15 per casual class

Tuesday

Sewing 1pm - 300pm

Cost \$130 per term
or \$15 per casual class



Wednesday

Knitting and Crochet
9am - 11am

Cost \$130 per term
or \$15 per casual class



Thursday

Painting 10am - 12noon

Mosaics 1pm - 300pm

Cost \$130 per term
or \$15 per casual class



Friday

Macrame 11am - 1pm

Mosaics 1130am-230pm

Cost \$117 per term
(9 wks only with Good Friday)
or \$15 per casual class





Traralgon Neighbourhood
Learning House Inc

Language Courses

Learn from tutors who are sharing their first language.

A unique experience that you can't get from a textbook or a smart phone app.

French with Martine



Level 2
Thursday 4 - 6pm

Level 3
Wednesday 5 - 7pm

Level 4
Monday 6 - 8pm
(9 week term - Labour Day)

Level 5
Thursday 6 - 8pm

Cost \$130
or \$15 per casual class

Italian with Maria



Beginners

Tuesday 6 - 7.30pm
Cost \$130 - 10 Week Term

Advanced

Thursday 6 - 7.30pm
Cost \$130 - 10 Week Term

Auslan with Peter

No Classes Term 1
Returning Term 2

Some of our tutors offer private lessons

please contact us if this is something you are interested in

admin@tnlh.org.au
ph: 5174 6199



Spanish with Zulay

Beginners

Monday 5.15 - 6.45pm
Cost \$104
(8-week term - two public holidays)

Intermediate

Thursday 5.15pm-6.45pm
\$130 for 10 wk term

Health and Wellbeing Classes

Held at Latrobe Valley Masonic Centre
9 Oswald Street, Traralgon

Yoga



Tutor - Heather

Tuesday 9.30 - 10.30am
Tuesday 11am - 12pm
Cost \$117 9 weeks only)

Wednesday 9.30-10.30am
Cost \$117 - 9 week term
Classes resume 3rd February

Tutor - Jeni

Wednesday 5.30- 6.45pm

Thursday 9.30-10.45am
Thursday 11am - 12.15pm
Cost \$130 - 10 week term

Tai Chi



Tutor - Felicity
Wednesday
2.30-3.30pm

Cost \$130
10 week term

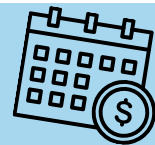
Yoga and Tai Chi are held at
**The Latrobe Valley
Masonic Centre
9 Oswald Street,
Traralgon**

These are popular and fill
quickly, contact us to secure
your spot.

Benefits of Yoga and Tai Chi

- Improve Balance & Flexibility
- Reduce Stress
- Low-Impact Movement
- Improve Overall Physical and Emotional Wellbeing
- Strengthen your Mind-Body Connection

Term Fees - How does it work?



As a not-for-profit, community-based organisation, we work hard to keep our class fees affordable and accessible. Fee's cover tutor payments, utilities, room hire, and a myriad of other program costs.

Enrolling for a Term

When you register for a course, you're securing your place for the term. To help us confirm classes and support our tutors, we kindly ask that term fees are paid in full during the first week of term. Precedence is given to those who pay by the term in classes that are at capacity. eg. classes with a waitlist.

Payment Options

You're welcome to pay in person at 11-13 Breed Street, Traralgon (card or cash), or by card over the phone.

Paying for the term upfront offers you the best value of around 15% savings compared to casual attendance paying by weekly.

Attendance & Cancellations

We understand life can be unpredictable, but once enrolled, fees for the term are payable whether or not you attend every session. If a tutor is unavailable, we offer a credit on your next term fees.

Public Holidays - Term 1 - Labour Day 9th March and Good Friday 6th April

Pro-rata amount for classes that fall on a public holiday will be only be charged for an 9 week term, rather than 10 in Term 1.

Workshops

One-off workshop fees are due in full before the event. Your place will be confirmed once payment has been received

Memberships

We welcome membership to TNLH. Members of The House. \$2 per year.

Popular Programs

Some courses and workshops do fill quickly, so please check with us to confirm your booking.

If you have any questions or need to discuss payment options, our friendly office staff and volunteers are always happy to help.

Waitlist Management

Current participants are given first option to re-enrol, and any remaining places are then offered to those on our waitlists. We do our best to make sure everyone in our community has the chance to join in where they can.

Term 1 = 10 Weeks * Cost per term =\$130 (\$13per class)

Cost per week for casual attendance = \$15 per class

Some class prices differ due to our funding or private tutors hiring our space to teach this includes Auslan, Recipe for Success, Digital Essentials.





Traralgon Neighbourhood
Learning House Inc

Support and Social Groups

Poppy Creators Community Knitting

Tuesdays
9am - 12 pm
No Fee

Latrobe Ladies Probus Craft Club

1.30 - 3.30pm
1st Tuesday of Month
Gold Coin Donation

LV Spinners & Weavers

Wednesdays
12.30 - 3.30pm
Gold Coin Donation

Latrobe Valley MS Peer Support Group



A monthly meeting for coffee and chats.
A safe, friendly place to share stories and
experiences living with Multiple Sclerosis.

Traralgon Neighbourhood Learning House
11-13 Breed st Traralgon (op Subway & KFC)
2nd Wednesday of the month
10am to 12pm

For more information email lvmspsg@gmail.com



A gold coin donation for room hire please



Grief & Loss Group Peer-led Support

Meets fortnightly
Wednesday 12 - 2pm
Commences 2nd Feb
All welcome No Fee
BYO lunch to eat

Latrobe Valley Boardgamers

2pm - 6pm Sundays
Gold Coin Donation
welcome

Follow their Facebook
page for updates



Meets Friday
7.30 - 9pm
weekly

Room 1

0418160102



Other Services at the House

A place to belong



All are welcome to find comfort here
in the cool air conditioning.

We offer Free tea and coffee and Free Wifi is available too.

Stop for a while and do some of our community
jigsaw puzzle,
read a book or start a craft project from our resources
of free items, kindly donated by the community.

We have a DVD library too

Room Hire Available

Come and talk to us about hiring one of the
classrooms, kitchen, private office or meeting room.

office: 51746199
email: admin@tnlh.org.au

Public Computers



We have two computers for
public use during office hours.

A Printer and Photocopier
are available too along with
basic office supplies



office hours: Monday to Thursday 9am - 4.00pm

many classes and activities happen outside these hours, 7 days a week

Share your Passion!

- Do you have a special interest or skill you would like to share?
Consider running a social group or class. No qualifications are required.
- Volunteer with us. Join the team of volunteers who make TNLH what it is for our community.
- Have an idea for a class you'd like to participate in? We keep a running list of what people are interested in. When we have enough for a class, we aim to find a tutor to make it happen.



Poppy Creators Community Knitting Group

TRARALGON NEIGHBOURHOOD LEARNING HOUSE

11-13 Breed St, Traralgon | 5174 6199 | 0473 220 980
Manager: Phoebe Hicks email: admin@tnlh.org.au

Traralgon Neighbourhood Learning House is very grateful for the funding support we receive from Adult Community and Further Education (ACFE), Latrobe City and the Department of Families, Fairness and Housing



www.tnlh.org.au