

TERM 3 COURSE GUIDE



Phoebe Hicks - New House Manager



Yvette and participant Mel with food
cooked by our Recipe for Success Class

Welcome to Term 3 at TNLH

This term brings some exciting changes to our team. We are pleased to introduce Phoebe Hicks as our new Permanent Manager, joined by Yvette Dolan from GBS Recruitment, who has previously supported the House and is once again bringing her skills to our busy office.

Together, they are well positioned to guide the House through its day-to-day operations and future opportunities.

Both bring with them a wealth of experience and qualifications. Phoebe in community and stakeholder engagement and management as well as volunteer leadership across Gippsland. Yvette has holds qualifications in administration, accounts, and office systems.

Both Phoebe and Yvette have dedicated many years to volunteer roles in the community, which has given them a deep understanding of the importance of accessible, welcoming spaces like TNLH. Their combined skills and shared commitment mean we are ready to continue delivering the courses, groups, and community connections that TNLH has been known for since 1977 – and to explore new ways to meet the needs of our community.

We look forward to seeing you at the House soon.



Care and Support

Monday 10am - 2.30pm

Cost \$80/\$40 conc
Held at Churchill
Neighbourhood House

This is a pre employment
coursed aimed at unemployed
and underemployed learners
who want to gain employment
in the care and support
industry.



Recipe for Success

Tuesday 9.30am - 12pm

Cost \$55 per term

Tutor Brenda

This all-abilities course utilises
the essential life skill of
cooking to build literacy and
numeracy skills. It builds
confidence teaches skills in
teamwork, communication
and cooking skills.

**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.**

**You may even qualify for a
discount on your course.
Speak to us about your
needs and we will do our
best to assist.**

Connect with Us

11-13 Breed St Traralgon 51746199 tnlh.org.au

TERM 3 COURSE GUIDE



Creative Craft

Thursday 1pm - 3pm
(Fridays in recess for Term3)

Cost \$117 per term

Tutor Kerri



Knitting & Crochet

Wednesday 9am - 12pm

Cost \$117 per term

Tutor Hazel



All Abilities Craft

Thursday 9.30am - 12pm

Cost \$5.00 per session

Tutor Brenda



Sewing

Tuesday 1 - 3pm

Cost \$5.00 per session

Leader Sharon

TERM 3 COURSE GUIDE

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



Art with Janice

Thursday 10am - 12pm

Cost \$104 per term
commencing 31 July

Tutor Janice



Creative Writing

Monday 1 - 2.30pm

Cost \$117 per term

Tutor Maria



Mosaics

Thursday 1 - 3pm

Friday 12 - 2pm

Cost \$117 per term

Tutor Paula

Language is how we connect, understand and make our way in the world. Prepare for travel, chat with family or learn a new skill. Language offers you a whole new world of possibilities. If you are interest in a different language we don't yet offer, let us know!

Language Courses



French with Martine

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 Lessons

Level 2
Thursday 4pm - 6pm

Level 3
Wednesday 5pm - 7pm

Intermediate 4
Monday 6pm - 8pm

Intermediate 5
Thursday 6pm - 8pm

Cost \$117 - \$130 per term

Tutor Martine

Room 2

Italian with Maria



Beginners
Tuesday 6pm - 7.30pm

Advanced
Thursday 6pm - 7.30pm

Cost \$117 per term

Tutor Maria D

Room 1

Spanish with Zulay



Spanish Beginners
Wednesday 5pm - 6.30pm
Cost \$104 x 8-week term

Travelling overseas and want to learn basic Spanish with Zulay. Call us to register expression of interest in this new course.

Intermediate Spanish
Monday 5.30pm - 7pm

Cost \$104 per term starts 28th July

Tutor Zulay
Room 1

AUSLAN

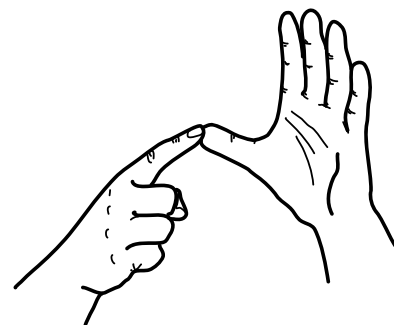
Beginners
Monday 6pm - 7.30pm

Advanced
Monday 7.30pm - 9pm

Cost \$150 child/
\$250 per term

Tutor Peter

Room 3



- build your confidence
- you can improve your skills for employment
- have a pathway to further education

Health & Wellbeing Courses

YOGA



Yoga with Heather

Tuesday 9.30am - 10.30am
Tuesday 11am - 12pm

Wednesday 9.30am - 10.30am

Yoga with Jeni

Wednesday 5.30pm - 6.45pm

Thursday 9.30am - 10.45am
Thursday 11am - 12.15pm

Improve your movement and reduce your stress! Our classes are run by experienced and supportive teachers.

Cost \$117 per term x 9 weeks

Classes are held at the Masonic Lodge Traralgon

Latin Cardio Dance



Get ready to sweat with a smile during this Latin-dance workout. Shake your body to the beat with our instructor Zulay.

Call us to register your expression of interest

POP-UP HEALTH SERVICE

- Flu & Covid Vaccinations
- Incontinence products and assistance with application for continence funding
- General nurse advice and GP advice
- Baby packs
- Basic medications and vitamin samples where available
- Access to telehealth appointments at other times are available.

FROM 10.30AM TO 12.30PM

JUST BRING YOUR MEDICARE CARD IF AVAILABLE

Moe Neighbourhood House	Morwell Neighbourhood House	Traralgon Neighbourhood House	Churchill NC at 477 Commercial Rd, Morwell
Mondays	Tuesdays	Wednesdays	Thursdays
21 st July	22 nd July	30 th July	31 st July
4 th August	5 th August	13 th August	14 th August
18 th August	19 th August	27 th August	28 th August
1 st Sept	2 nd Sept	10 th Sept	11 th Sept
15 th Sept	16 th Sept	24 th Sept	25 th Sept

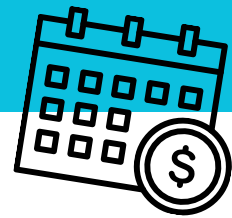
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51746199

tnlh.org.au

Course Workshop Fees



As a not-for-profit, community-based organisation, we work hard to keep our class fees affordable and accessible to everyone. This term, there has been a small price adjustment to help us continue offering quality programs and support for our community.

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.

Payment Options

You're welcome to pay in person at 11–13 Breed Street, Traralgon (EFTPOS or cash), or by credit card over the phone. Paying for the term upfront offers you the best value, while casual attendance is available at a slightly higher weekly rate.

Attendance & Cancellations

We understand life can be unpredictable, but once enrolled, fees for the term are payable whether or not you attend every session. This helps us cover tutor fees, room hire, and program costs that are planned around enrolment numbers.

Workshops

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

Popular Programs

Some courses and workshops do fill quickly, so please check with us to confirm your booking. If you have any concerns or need to discuss payment options, our friendly office staff are always happy to help.

Term 3 = 9 Weeks

Cost per term = \$117 (\$13)

Cost per week for casual attendance = \$15

Please Note:

Those with outstanding fees will be contacted soon to arrange payment or discuss options.



Traralgon Neighbourhood Learning House acknowledges that we gather here in this learning place on the traditional land of the Braiakaulung people of the Guna Kurnai Nation and we pay respect to their Elders past, present and emerging. We also acknowledge all Aboriginal and Torres Strait Island people, their connection to the Country, to their ancestors and their role as custodians of their lands.



At Traralgon Neighbourhood Learning House

- meet new friends
- enjoy a hobby
- have fun

Social Groups

Poppy Creators Community Knitting

Meet up Tuesday
9am - 12 pm
NO FEE

L.V Quilters

10am - 4pm
Last
Saturday of
the Month

Latrobe Ladies Probus Craft Club

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

LV Spinners & Weavers

Wednesday
12.30 - 3.30pm

Latrobe Valley Boardgamers

2pm - 6pm Sundays
Gold Coin Donation

Follow their facebook
for updates



Support Groups

Grief & Loss Group Peer-led Support

Meets fortnightly
Wednesday 12 - 2pm
All welcome NO FEE

AA

Friday
7 - 9pm
weekly
Room 1

MS

10am- 12pm
2nd
Wednesday of
the month

Counselling Sessions

Thursdays
Appointment
needed

We offer photocopying services for a small charge

www.tnlh.org.au

Other Services on offer

Free help with your tax return

Get tax help



Make an appointment with Rosa to get assistance to submit your tax returns.

Contact us to make an appointment and check eligibility.

Commencing Monday 21st July until end of October.

Appointments Mondays from 12.30 - 3.30pm

Public Computers



We have two computers for public use during office hours.

Room Hire Available

Come and talk to us about hiring one of our classrooms, private office or meeting room. Room rate charges available on enquiry.

If you are a community social group or local support group, we have individual arrangements at a reduced rate.



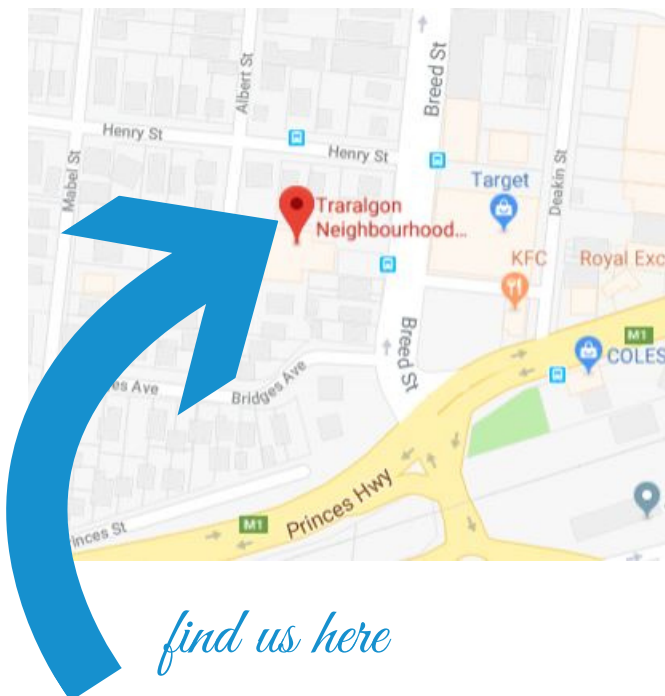
In August we are taking part in the Share the Dignity Drive and have registered as a collection point. This support helps provide essential period products right across Australia. You can donate period products in our collection box from 1st August until 31st August 2025 in our collection box located in Foyer of TNLH.

office hours are: 9am - 4.00pm Monday to Thursday
Office closed Fridays in Term 3

Do you have a special interest or skill you would like to share?

**Perhaps you would like to become a tutor or a volunteer.
No special qualifications required.**

Have a chat to us today.



other learning locations

Latrobe Valley Masonic Centre

9 Oswald Street, Traralgon



TRARALGON NEIGHBOURHOOD LEARNING HOUSE

11-13 Breed St, Traralgon | 5174 6199 | enquiries@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, and LCHS for our Grow Latrobe project



www.tnlh.org.au