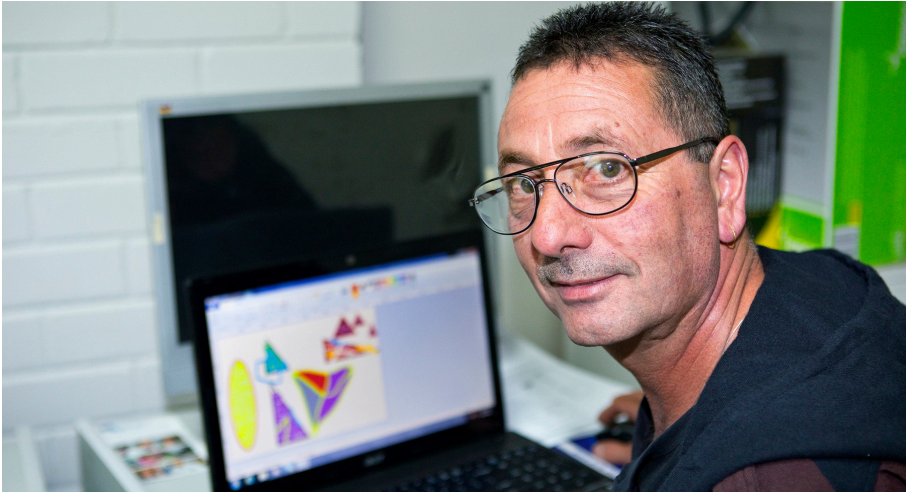


TRARALGON NEIGHBOURHOOD LEARNING HOUSE TERM 3 COURSE GUIDE 2025



Digital Literacy Level 2

Monday	1 - 3.30pm
Cost	\$55 per term
Tutor	TBA

Whether you need computer skills for employment or life we are here to assist you develop and expand your knowledge. Introduces learners to basic technology, covering digital devices, their function, and ways to connect and access services online.



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.



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.

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 9.30-11.30am
Friday 10.30am - 12.30pm

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 loved ones in a native tongue or learn a new skill. Language offers you a whole new world of possibilities.

Language Courses



French with Martine

French Beginners
Tuesday 6pm - 8pm x 9 weeks
Cost \$117 - \$130

Struggling to learn French, learn basic French together with Martine. Call us to register expression of interest in this new course.

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



AUSLAN

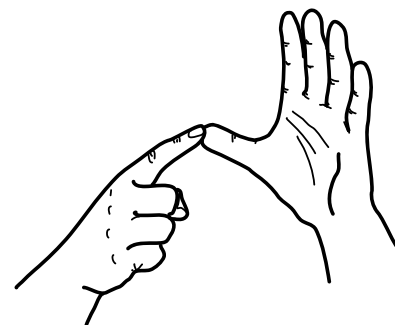
Beginners
Monday 7.30pm - 9pm

Advanced
Monday 6pm - 7.30pm

Cost \$150 child/
\$200 per term

Tutor Peter

Room 3



Spanish Beginners
Wednesday 5pm - 6.30pm x 9 weeks
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

Connect with Us

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- 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 Julay.

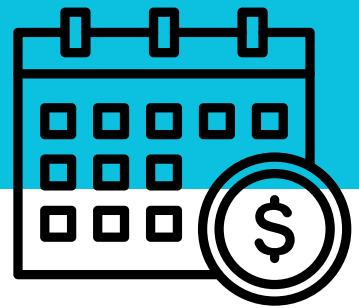
Call us to register your expression of interest, can start 1st August, Friday nights.

self care is an essential strategy for keeping you healthy by reducing stress; preventing you from becoming overwhelmed and increasing your focus. 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.

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YOUR TERM FEES



Traralgon Neighbourhood Learning House is a not-for-profit community-based organisation and as such we endeavour to keep our class fees manageable and available to all. Please note we have increased our pricing slightly this term.

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

Term fees are expected to be paid in full in the first week of term to secure your place. Payment can be made at 11-13 Breed Street Traralgon by EFTPOS (preferred) or cash. We can also take credit card payments over the phone.

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

Those who choose to pay & attend casually 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.

One off 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 or questions regarding fees.

TERM 3 = 9 WEEKS

COST PER TERM = \$117 (\$13)

COST PER WEEK FOR CASUAL ATTENDANCE = \$15

Connect with Us

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

- 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
1pm Sunday
Gold Coin Donation

Support Groups

Grief & Loss
Support Group
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

Services on offer

Free help with your tax return



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

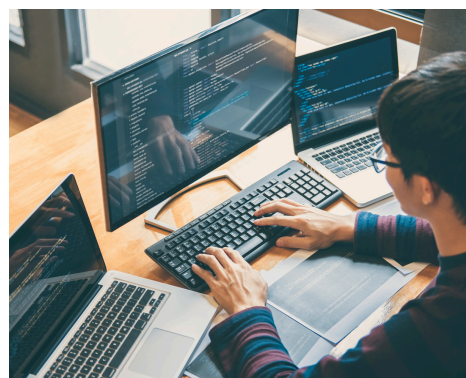
Room Hire Available

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 low or minimal cost or no cost.

Connect with Us

Public Computers



We have two computers for public use during office hours.



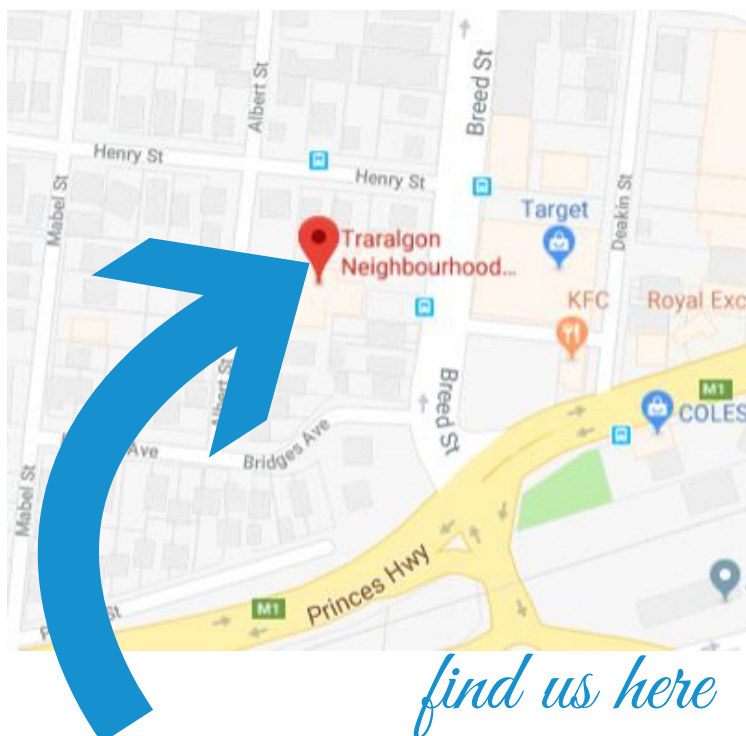
In August we are taking part in the Share the Dignity Drive and have registered as a collection point. This support helps provide essential period products right across Australia. You can donate period products in our collection box from 1st August until 31st August 2025 in our collection box located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

office hours are: 9am - 4.00pm Monday to Thursday
9am-3pm Friday

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

Perhaps you would like to become a tutor or a volunteer.

Have a chat to us today.



find us here

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



Skills for study
work and life



www.tnlh.org.au