

TERM 4

Traralgon Neighbourhood Learning House

Welcome to Term 4 at TNLH

We're excited to share our Term 4 program with you!
Following your feedback, we're delighted to bring back
some much-loved classes.

✨ What's New & Returning This Term:

🧘 **Tai Chi Classes – Beginners Classes** are returning by
popular demand

🎨 **Anime Drawing Class**– a new tutor joins us to share her
passion for art

**Current and new participants who have enrolled will have
received an email from us over the term break.**

**If you have not heard from us, please get in touch so we
can ensure we have your current contact details.**

Phoebe Hicks - Manager



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.

Connect with Us

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



Recipe for Success

Tuesday 9.30am - 12pm

(8 weeks only with Cup Day)

Build your confidence to cook
for yourself.
We build basic literacy and
numeracy skills into these
classes. Working with
individuals to gain skills in in
the kitchen as well as
teamwork and
communication.

TNLH provides a variety of
LearnLocal pre-accredited
courses which aim to provide
you with the foundation skills to
gain confidence and skills as a
pathway into employment or
further studies.

Speak to our team and we will
do our best to assist you to find
the right course.

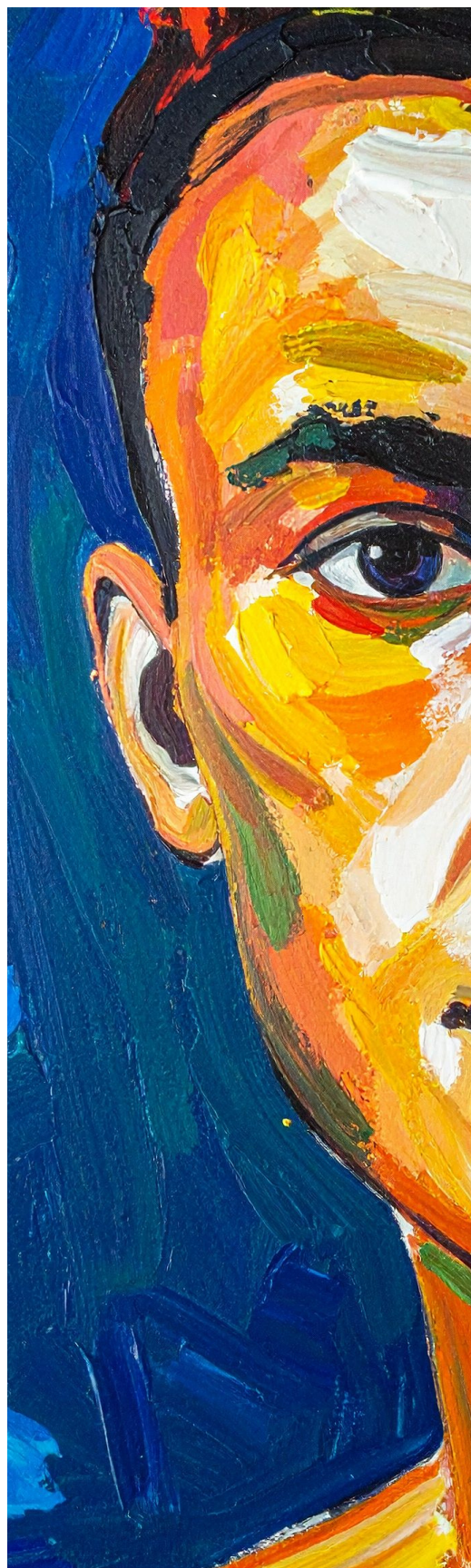


Skills for study
work and life



Traralgon Neighbourhood
Learning House Inc

Art and Creativity



Art with Janice Painting

Thursdays 10am - 12pm
Cost \$117 per
or \$15 per casual class



Creative Writing with Maria and Melissa Mondays 1pm - 2.30pm

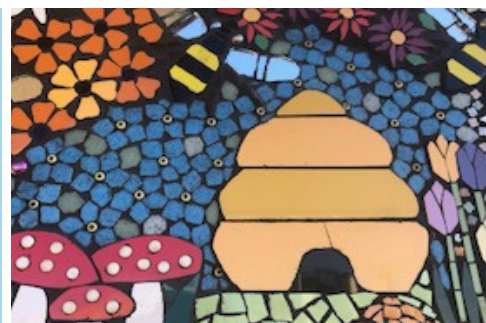
Cost \$104 per term
or \$15 per casual class
(8 weeks only with Cup Day Eve)



Mosaics with Paula

Thursdays 1 - 3pm
Fridays 12 - 2pm

Cost \$117 per term
or \$15 per casual class



Anime Drawing with Liz

Tuesdays 4.30-5.30pm

Cost \$117 per term
or \$15 per casual class



Creative Craft with Tracey

Thursdays 1pm-3pm
Fridays 11am -1pm

Cost \$117 per term
or \$15 per casual class



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
Cost \$104 - (8 week only)

Level 5
Thursday 6 - 8pm

Cost \$117
or \$15 per casual class

Italian with Maria



Beginners
Tuesday 6 - 7.30pm
Cost \$104
(8 weeks only with Cup Day)

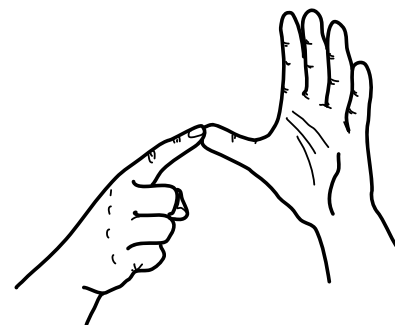
Advanced
Thursday 6 - 7.30pm
Cost \$117
*note our tutor is away some of this term. We will be charging pro-rata fees for the time classes that are held

Auslan with Peter

Beginners Level 1
Monday 6 - 7.30pm

Advanced Level 3
Monday 7.30 - 9pm

Cost \$150 child/teen
\$250 per term



Spanish with Zulay

Beginners
Monday 5.15 - 6.45pm
Cost \$117
(note this class has a waitlist)

Intermediate
Wednesday 5.15-6.45pm
Cost \$104 (8 week only)
or \$15 per casual class



Some of our tutors offer one-on-one tutoring for those seeking this.
Please contact us. admin@tnlh.org.au Ph: 5174 6199

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 \$104 (8 weeks only)

Wednesday 9.30-10.30am
Cost \$117 per term

Tutor - Jeni

Wednesday 5.30- 6.45pm

Thursday 9.30-10.45am
Thursday 11am - 12.15pm
Cost \$117 per term

Tai Chi



Beginners with Felicity
Wednesday
2.30-3.30pm

Cost \$117 per term

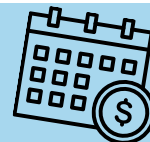
Yoga and Tai Chi are held at
**The Latrobe Valley
Masonic Centre
9 Oswald Street,
Traralgon**

*These are popular and fill quickly, contact us to enrol or to be added to the wait list.

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 4 - Melbourne Cup Day - Tuesday November 4th

Pro-rata amount for classes that fall on a public holiday. Eg. Yoga on Tuesdays this term falls on the Melbourne Cup Day will be only be charged for an 8 week term, rather than 9 in Term 3. Tutors holding a Monday class on Cup Eve class will also run an 8 week term.

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, your renewal due by the end of week 4.

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

Our most popular programs often fill quickly! 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 3 = 9 Weeks * Cost per term =\$117 (\$13)
Cost per week for casual attendance = \$15**

*Melbourne Cup Day falls during this term and some classes may be an 8 week term with the fee reduced accordingly to \$104

(with the exception of Auslan and Anime)





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
All welcome No Fee
BYO lunch to eat

Latrobe Valley Boardgamers

2pm - 6pm Sundays
Gold Coin Donation

Follow their facebook
for updates



Meets Friday
7.30 - 9pm
weekly

Room 1

0418160102





Traralgon Neighbourhood
Learning House Inc

Support and Social Groups

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.

Appointments Mondays from 12.30 - 3.30pm available until end of October.

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



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.

Public Computers



We have two computers for public use during office hours.

Printer and Photocopier available too



office hours:

Monday to Thursday 9am - 4.00pm

Manager: Phoebe Hicks Admin Officer: Yvette Dolan
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
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, and LCHS for our Grow Latrobe project



Skills for study
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www.tnlh.org.au