

Spread your Wings

Discover Life Long Learning

2023
Term 1
30 January - 7 April



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

pathway to further education

meet new friends

enjoy a hobby

have fun

Connect with Learning

quick guide

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

monday

9 weeks



Paper Craft Workshops | Creative Writing



French 4 (Intermediate) | UFO's | Spanish

tuesday

10 weeks



Yoga | Poppy Creators | Recipe for Success | Sewing



Sugar Flowers | French (Beginners 1) | Spanish for Travel 1 | Italian Beginners

wednesday

10 weeks



Yoga | Knitting and Crochet | Cake Decorating | Spinners & Weavers



Yoga | French (Beginners 3) | Cake Decorating | SLR Photography | Auslan Advanced | Auslan Advanced Plus

thursday

10 weeks



Yoga | Art | Creative Craft | French (Beginners 2) | Digital Essentials



French 5 (Intermediate) | Italian Int-Adv | Cake Decorating

friday

9 weeks



Knitting and Crochet | Cooking | Creative Craft | Mosaics | Digital Essentials



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.

You may even qualify for a discount on your course.

Speak to us about your needs, we can help.



digital essentials for everyone

Whether you need computer skills for employment, study or life there is a Digital Essentials course for you. Learn the essential computer skills you need, Build your confidence with a variety of technology including computers, tablets and smartphones. There's no need to feel overwhelmed, ask us how we can help today!

recipe for success

Tuesdays 9.30am-12pm \$55 conc

This great all abilities course utilises the essential life skill of cooking to build literacy and numeracy skills. This course not only helps build confidence with practical applications of literacy and numeracy it teaches fundamental skills in team work, communication. Improves confidence, and cooking skills, whilst having a whole lot of yummy fun.

It really will be your Recipe for Success!

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.

serving the valley in hospitality

The hospitality industry is in need of new workers and this fabulous short course gives you all the essential skills you need to get started.

Includes practical hands on skills training, guest speakers, interview skills and resume assistance.

Also includes RSA and Safe Food Handling certificates.



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	Annie
WEDS	1.00pm - 2.15pm	Annie
WEDS	5.45pm - 7.00pm	Jeni
THURS	9.30am - 10.45am	Jeni
THURS	11.00am - 12.15pm	Jeni

all yoga classes held in yoga room LVPG



meditation, stress & constructive rest

\$55 for 5 week short course

FRI 9.00am - 10.30am Daryl

Taking expressions of interest

Digital SLR cameras

\$105 for 6 weeks

Taking expressions of interest





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 10.00am - 12.00pm Janice R 4

Expressions of interest for 2nd art class

unfinished projects-knitting/crochet

gold coin

MON 7.00pm - 9.00pm R 4

poppy creators community knitting

TUE 9.00am - 12.00pm NO FEE

sewing \$12 wk / \$105 term

TUE 1.00pm - 3.00pm Ronis R 4

knitting + crochet \$12 wk / \$105 term

WED 9.00am - 12.00pm Hazel R 1

FRI **Expressions of interest**



creative craft \$12wk / \$95-105 term

THUR 9.30am - 11.30am Kerri R 1 \$105

THUR 1.00pm - 3.00pm Kerri R 1 \$105

FRI 11.00am - 1.00pm Kerri R 3 \$95

mosaics \$12wk / \$95 term

FRI 12.00pm - 2.00pm Paula R 4

Paper Craft workshops \$30 inc materials

Expressions of interest



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. Language offers you a whole new world of possibilities.

french with Martine

\$12 week / \$95-125 term

intermediate 4

MON 6.00pm - 8.00pm \$95

beginners 1

TUES 6.00pm - 8.00pm \$105

beginners 3

WED 5.00pm - 7.00pm \$105

beginners 2

THUR 4.00pm - 6.00pm \$105

intermediate 5

THUR 6.00pm - 8.00pm \$125

French classes are in Room 3

italian

\$12 week / \$105 term

TUES 6.00pm - 7.30pm Maria D R 2 beg

THURS 6.30pm - 8.00pm Maria D R 1 adv

auslan - advanced

\$200 / \$180 conc

WED 6.00pm - 7.30pm Peter R 1

auslan - advanced plus

WED 7.30pm - 9.00pm Peter R 1

spanish for travel 1

\$12 week / \$95 term

MON 6.30pm - 8.00pm Maria R R 1

**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 wk \$105/ \$55conc

TUE 9.30am - 12.00pm Scott/Barb

cooking \$12 week / \$85 term

FRI 9.00am - 11.00am Barb

the modern sugar flower

\$175 term

TUE 6.00pm - 8.00pm Jody

Be inspired - create beautiful flowers to
decorate your cakes

cake decorating

\$175 term

WED 1.00pm - 3.00pm Jody

WED 6.00pm - 8.00pm Jody

THURS 6.00pm - 8.00pm Jody



your support

MS Support Group

WEDS 10.00am - 12.00pm Meeting Room
meets 2nd Weds of the month

AA FRI 7.00pm - 9.00pm R1

<https://us02web.zoom/j/328122070>

Zoom ID:328 122 070

Search meetings <https://aatimes.org.au>

anxiety support group (ARCVic)

ARCVic Helpline 9830 0533

FREE online Zoom meetings calendar

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

**\$250
POWER
SAVING
BONUS**



power saving bonus assistance

Would \$250 help ease the cost of
living right now? We can help you
claim.

Appointments are available

Phone: 5174 6199 to book your appt



the vri & learning garden

The VRI is a venue for the community to come together to connect, share, learn and grow. It's a place in which to share skills, explore ideas and learn from hands-on experience.

There is a learning garden, a courtyard and of course the large VRI hall with kitchen facilities. The hall is available for hire and hosts a variety of events and courses including our Serving the Valley in hospitality course.

If you are interested in being involved, whether through volunteering, running a course or workshop, we would love to hear from you.

Paddock to Plate and no waste living

5 week course

Learn everything from planting your first seed to cooking what you've grown. Discover how to look after your garden and grow your own food including soil health, composting, no waste living, constructing a simple garden bed. etc

Info session 10am Wednesday 8th Feb



volunteering

Would you like to contribute to your community?

Make some new friends

Become more active

Get out of the House

Learn some new skills

Share your skills

Build your confidence

Have some fun

Speak to us about opportunities for volunteering,

We would love to hear from you.

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.

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.

The term fee includes a \$5 admin fee.

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 or questions regarding fees.

**office hours are: 8.30am - 4.00pm Monday to Thursday
8.30am-3.30pm Fridays
9.00am - 3.00pm during school holidays**

**Do you have a special interest or skill you would like to share?
Perhaps you would like to become a tutor or a volunteer.
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 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

other learning locations

VRI Hall & Learning Garden

18 - 20 Queens Parade, Traralgon

Latrobe Valley Physiotherapy Group

LVPG

9 Breed Street, Traralgon



find yourself here

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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