

2024
Term 1
29 January - 28 March

THIS YEAR I WILL

1. learn something new
2. make new friends
3. step out of my comfort zone
4. have fun

and so much more.....

it's time for new beginnings, who
knows what I'll discover :)



Skills for study
work and life



The Heart of Our Community

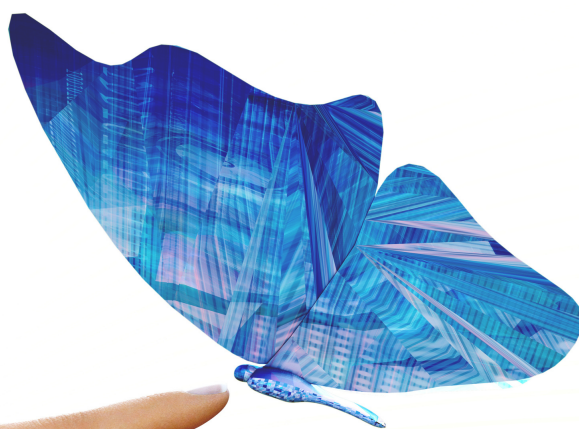
We Make Learning Fun!

TRARALGON NEIGHBOURHOOD LEARNING HOUSE

11-13 Breed St, Traralgon | 5174 6199 | enquiries@tnlh.org.au

New You...

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
8 weeks



Creative Writing | Computer & Digital Essentials



French 4 (Intermediate) | UFO's | Auslan Beginners | Auslan Advanced

tuesday
9 weeks



Yoga | Poppy Creators | Recipe for Success | Sewing



Sugar Flowers | French (Beginners 1) | Italian Beginners | SLR Photography

wednesday
9 weeks



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



Yoga | Power of the Breath | French (Beginners 3) | Cake Decorating | Spanish

thursday
9 weeks



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



French 5 (Intermediate) | Italian Int-Adv | Cake Decorating | SLR Photography | Pilates | Spanish for Travel

friday
8 weeks



Tai Chi | Cooking | Creative Craft | Mosaics

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.



intro to disability support work

If you're thinking of employment in the fast growing sector of Disability Support work this course is the perfect introduction.

You will gain an understanding of the Disability sector, NDIS, digital literacy, site visits, guest speakers, etc. to help you pathway into this vibrant and growing sector.

transforming women

Designed for women to explore their potential, discover their strengths, build confidence, become aware of new possibilities and transform their lives. This course is a great way to build confidence to pathway to work or further study.

computer skills 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.



**RELAX
REFRESH
REJUVENATE
RESTORE**

your wellness

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.

massage with Rachel

massage appointments available
Monday, Tuesday & Friday

yoga

\$12 wk / \$95 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



tai chi (Qigong Shibashi)

level 2

\$12 wk / \$95 term

WEDS	10.00am - 11.00am	Kate
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level 1

\$12 wk / \$85 term

FRI	10.00am - 11.00am	Kate
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tai chi is held at the VRI 18-20 Queens Pde

pilates

\$12 wk / \$95 term

THURS	7.00pm - 7.50pm	Adriana
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Pilates is held in the yoga room LVPG

power of the breath

new course

Discover how you can improve concentration, performance & attention, improve sleep patterns and simply feel better





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 / \$85 term

MON 1.00pm - 3.00pm Maria R 1

art \$12 wk / \$95 term

THUR 10.00am - 12.00pm Janice R 1/2

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 / \$95 term

TUE 1.00pm - 3.00pm Ronis R 4

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

WED 9.00am - 12.00pm Hazel R 1



creative craft \$12wk / \$85-95 term

THUR 9.30am - 11.30am Kerri R 3 \$95

THUR 1.00pm - 3.00pm Kerri R 1 \$95

FRI 11.00am - 1.00pm Kerri R 3 \$85

mosaics \$12wk / \$85-95 term

THUR 1.00pm - 3.00pm Paula R 4 \$95

FRI 12.00pm - 2.00pm Paula R 4 \$85

photography \$135 for 6 weeks & excursion

TUE 5.00pm - 7.00pm Tara R 1

resin workshops - expression 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 / \$85-110 term

intermediate 4

MON 6.00pm - 8.00pm \$85 R 2

beginners 1

TUES 6.00pm - 8.00pm \$95 R 3

beginners 3

WED 5.00pm - 7.00pm \$95 R 3

beginners 2

THUR 4.00pm - 6.00pm \$95 R 3

intermediate 5

THUR 6.00pm - 8.00pm \$110 R 3

italian *\$12 week / \$85-95 term*

TUES 6.00pm - 7.30pm Maria D R 2 B

THURS 6.30pm - 8.00pm Maria D R 1 A

spanish *\$12 week / \$95 term*

WEDS 6.00pm - 7.30pm Tim R 1

auslan - beginners *\$200 / \$180 conc*

MON 6.00pm - 7.30pm Peter R 1

auslan - advanced

MON 7.30pm - 9.00pm Peter R 1

**Speak to us about English lessons. We have tutors available to help.
Fee on application.**



Come along and join in the boardgaming fun every Sunday!

LATROBE VALLEY BOARDGAMERS

Learn new board games, meet some new people and have a whole lot of fun!

1pm in Room 1 at the Neighbourhood House

Gold coin donation



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 \$95/ \$55conc

TUE 9.30am - 12.00pm Mandy

cooking \$12 week / \$85 term

FRI 9.00am - 11.00am Barb

the modern sugar flower \$165 term

TUE 6.00pm - 8.00pm Jody

Expressions of interest

Be inspired - create beautiful flowers to
decorate your cakes

cake decorating \$165 term

WED 1.00pm - 3.00pm Jody

WED 6.00pm - 8.00pm Jody

THURS 6.00pm - 8.00pm Jody



Victorian Sick Pay Guarantee

38 hours a year sick and carer's pay
for casual and contract workers.
We can help you sign up today.



sick pay guarantee (SPG) assistance

Are you a casual worker without sick
pay benefits?

We can help you register for the SPG.

Book your appointment now

Phone: 5174 6199

your support

AA

FRI 7.00pm - 9.00pm R1

MS Support Group

WEDS 10.00am - 12.00pm Meeting Room

meets 2nd Weds of the month

NEW GARDENING WORKSHOPS

New Workshops in
Seeds & Potting
Soil Preparation
Basic Plant Care
Compost
and more.....

Connect & Learn
with 'Grow Latrobe'

Enjoy learning how to look after your garden and grow your own healthy food

All workshops are FREE thanks to Latrobe Community Health Service Community Grant Program Funding



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. Come along to a FREE Grow Latrobe Community event including Garden workshops, Plant Sale, Cooking workshops etc. If you are interested in being involved, whether through volunteering, running a course or workshop, we would love to hear from you.

Grow Latrobe Gardening workshops

Discover the joy of growing your own food and being more self sufficient and sustainable. Learn how to look after your garden and grow your own food including soil health, composting, no waste living, constructing a simple garden bed. plus connect with like minded people.

Gardening workshops FREE thanks to LCHS Community Grant funding



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 including our Committee of Management, the

VRI & the Learning Garden,

We would love to hear from you

SHOW YOU CARE & SHARE

Do you grow your own food -
 Veggies, Fruit, Herbs?

Do you have excess to your needs?

We want to create a caring community where we share or swap our locally grown fresh produce. Excess vegetables, fruit and herbs can be dropped off at our Neighbourhood House to be distributed in the community.

We hope you'll join us to 'Grow Latrobe'



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, and LCHS for our Grow Latrobe project



other learning locations

VRI Hall & Learning Garden

18 - 20 Queens Parade, Traralgon

Latrobe Valley Physiotherapy Group

LVPG

9 Breed Street, Traralgon



find yourself here



Traralgon Neighbourhood
Learning House Inc

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We Make Learning Fun

We want to hear your ideas and suggestions

Do you have an idea for a class or workshop?

Do you have a skill you would like to share?

Do you know someone else who could teach a new skill?

We would love to hear your ideas and suggestions for new courses or workshops. Give us a call on 5174 6199

www.tnlh.org.au