

2025
Term 1
28 January - 4 April

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



Neighbourhood Houses
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**



Skills for study
work and life

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



Creative Writing | Computer & Digital Essentials



SLR Photography | French 4 (Intermediate) | UFO's | Auslan

tuesday
10 weeks



Yoga | Poppy Creators | Recipe for Success | Sewing



Sugar Flowers | French (Beginners 1) | Italian Beginners |
Dance & Stretch | Belly Dancing

wednesday
10 weeks



Knitting and Crochet | Yoga | Tai Chi - level 1 | Cake Decorating |
Spinners & Weavers



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

thursday
10 weeks



Creative Craft | Yoga | Art | Mosaics | French (Beginners 2)



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

friday
10 weeks



Cooking | Tai Chi - level 2 | Creative Craft | Mosaics



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.



care and support

This is a pre-employment course aimed at unemployed and underemployed learners who want to gain employment in the care and support industry. The course content focuses on literacy and language for work. The coursework will be contextualised for the care and support services industry.

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.

digital essentials - level 1

Mondays 1-3pm \$55 conc

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.



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.

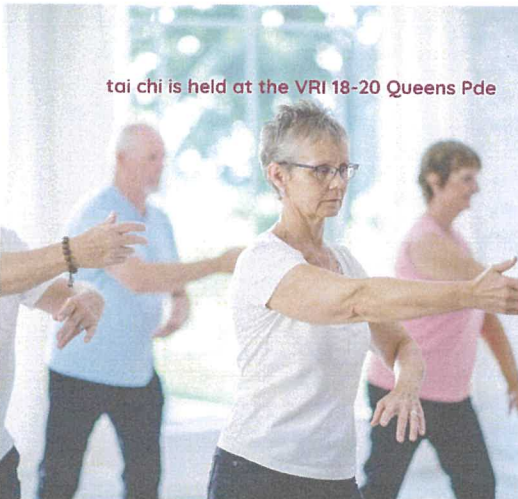


yoga

\$12 pw | \$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	Jeni / Heather
WEDS	1.00pm - 2.15pm	Heather
WEDS	5.30pm - 6.45pm	Jeni
THURS	9.30am - 10.45am	Jeni
THURS	11.00am - 12.15pm	Jeni

all yoga classes held @ LV Masonic Centre



tai chi is held at the VRI 18-20 Queens Pde

tai chi (Qigong Shibashi)

level 1

\$12 pw | \$105 term

WED 10.00am - 11.00am Kate

level 2

FRI 10.00am - 11.00am Kate

dance & stretch

\$12 pw | \$95 term

TUE 5.30pm - 6.30pm Maria

belly dancing

\$12 pw | \$105 term

TUE 7.00pm - 8.00pm Naomi

Tai Chi and Dance classes @ VRI Hall 18-20 Queens Pde

power of the breath

\$12 pw | \$75 term

WED 5.30pm - 7.00pm Ian

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 pw / \$95 term

MON 1.00pm - 3.00pm Maria R 1

art \$12 pw / \$105 term

THUR 10.00am - 12.00pm Janice R 1/2



craft social group - all abilities

gold coin

THUR 9.30am - 12.00pm R 4

poppy creators community knitting

TUE 9.00am - 12.00pm NO FEE

sewing \$12 pw / \$105 term

TUE 1.00pm - 3.00pm Ronis R 4

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

WED 9.00am - 12.00pm Hazel R 1



creative craft \$12 pw / \$105 term

THUR 9.30am - 11.30am Kerri R 3

THUR 1.00pm - 3.00pm Kerri R 1

FRI 11.00am - 1.00pm Kerri R 3

mosaics \$12 pw / \$105 term

THUR 1.00pm - 3.00pm Paula R 4

FRI 12.00pm - 2.00pm Paula R 4

photography \$135 for 6 weeks & excursion

MON 5.00pm - 7.00pm Tara R 1





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

\$117-130 term

intermediate 4

MON 6.00pm - 8.00pm \$117 R 2

beginners 1

TUES 6.00pm - 8.00pm \$130 R 2

beginners 3

WED 5.00pm - 7.00pm \$130 R 3

beginners 2

THUR 4.00pm - 6.00pm \$130 R 3

intermediate 5

THUR 6.00pm - 8.00pm \$125 R 3

italian - beginners \$12 p w | \$105 term

TUES 6.00pm - 7.30pm Maria D R 1

italian - advanced \$12 p w | \$105 term

THURS 6.00pm - 7.30pm Maria D R 1

spanish \$12 p w | \$105 term

WEDS 6.00pm - 7.30pm Tim R 1

auslan - advanced \$150 / \$200

MON 6.00pm - 7.30pm Peter R 3

auslan - beginners

MON 7.30pm - 9.00pm Peter R 3

**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

Cold 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.

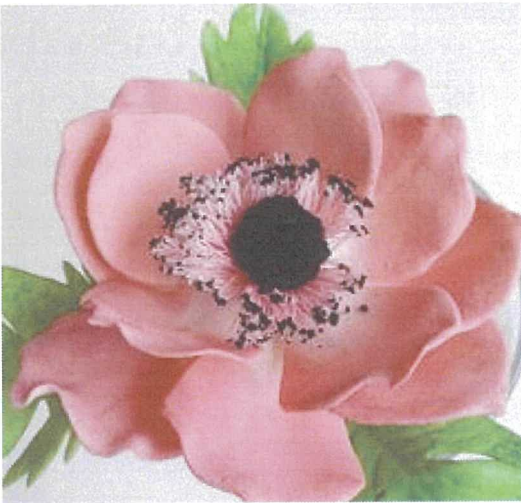
these classes are all held in Room 4

recipe for success *\$105/ \$55conc*

TUE 9.30am - 12.00pm Barb

cooking *\$12 p w | \$105 term*

FRI 9.00am - 11.00am Barb



the modern sugar flower *\$160 term*

TUE 6.00pm - 8.00pm Jody

Be inspired - create beautiful flowers to
decorate your cakes

cake decorating

\$160 term

WED 1.00pm - 3.00pm Jody

WED 6.00pm - 8.00pm Jody

THURS 6.00pm - 8.00pm Jody



your support

massage with Rachel

1/2 hour = \$45.00

11 hour = \$75.00

1 hour + extra care = \$80.00

+ \$5.00 admin to TNLH

counseling

THURS

appointment required

weekly

AA

FRI 7.00pm - 9.00pm

Room 1

weekly

MS support group

WED 10.00am - 12.0pm

gold coin donation

meets 2nd Weds of the month



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 our 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.

Gardening and Flower 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. Learn about fresh cut flowers.



Freshly harvested flowers for sale every Tuesday afternoon @ VRI Garden and @ TNLH produced by the VRI Garden
Money raised will go back into the garden

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

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, and LCHS for our Grow Latrobe project



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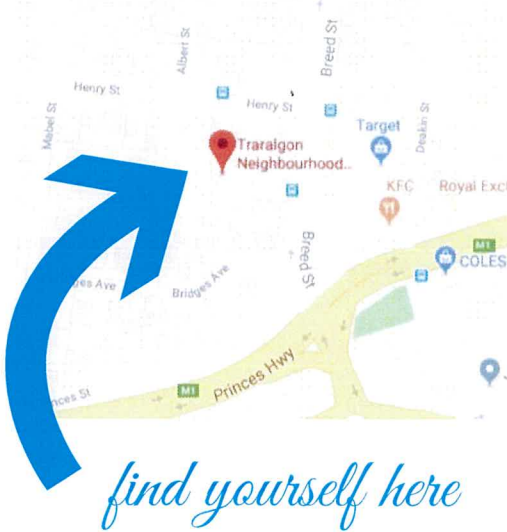
other learning locations

VRI Hall & Learning Garden

18 - 20 Queens Parade, Traralgon

Latrobe Valley Masonic Centre

9 Oswald 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