

2022
Term 2
26 April - 24 June



New Beginnings
New You



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
- a pathway to further education
- enjoy a hobby
- meet new friends
- have fun



Embrace New Beginnings

quick guide

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

monday



Creative Writing | Introduction to Disability support work | Serving the Valley in Hospitality



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

tuesday



Yoga | Poppy Creators | Recipe for Success | Sewing



Sugar Flowers

wednesday



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



Yoga | French (Beginners 3) | Cake Decorating

thursday



Yoga | Art | Creative Craft | French Beginners 2



French 5 (Intermediate) | Italian | Spanish for Travel 1 | Conversational Spanish 2 | Cake Decorating

friday



Meditation | Knitting and Crochet | Cooking | 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.



taking expressions of interest for all courses

transforming women

Be inspired to transform your life!

Designed for women to explore their potential, discover their strengths, build confidence, become aware of new possibilities and transform their lives. Improve communication skills, boundary setting, assertiveness, goal setting, and develop a new vision for your future. The perfect course for those who have been out of the workforce and want to reach their goals for employment, further study and life.

This course truly is life changing!

digital essentials for study

This short course teaches the essential computer skills needed for successful study. Any course of study whether it's online or face to face requires good computer skills now more than ever before. Many people enrol in courses only to find they struggle with the digital component of their course. Don't feel overwhelmed, learn all the essential digital skills to successfully complete your course of study..

recipe for success

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!

get that job!

Do you need help with your resume and interview skills? Do you want to build your confidence to go after the job that you want? Need to know how to dress for success and how to develop the right body language and attitude? This new course will assist you in honing your interview skills and confidence so you can apply for employment with confidence.

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.

Ask us about any of these courses today and take the first step on your pathway

The Valley's finest.

Serving the Valley



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, resume assistance, work experience, plus assistance with RSA and Safe Food Handling certificates.



"I ran a successful business for almost three decades but I was ready for something new. I wanted to make a difference"

SCOTT, 52

2019

I was a boat mechanic. I had been in the industry since I was 16 and had owned my own business for 27 years. I wanted to take on something totally new.

LEARN LOCAL

I discovered an Upskill to Disability course at Traralgon Neighbourhood Learning House. It was such a great opportunity. The two days of work placement really spurred me on. I knew then that this was what I wanted to do with my career. I found my purpose.

SKILLS + JOBS

Being self-employed for so long, I had no career pathway. I didn't even have a resume! The Skills and Jobs Centres provided careers counselling and helped me get my resume up to date. This was an important step in getting job-ready for a brand new industry.

FROM ENGINES TO EMPOWERMENT

"Thanks to Learn Local I have found my calling. I am now employed in disability support and am also completing my Certificate IV in Disability at TAFE. I get to make a difference every day."



your new career starts here

These courses will build your confidence and put you on the right track for a new career.

If you're looking for employment or further study you may qualify for a discount on your

Learn Local course - it may even be Free!



ENGINES TO EMPOWERMENT

"I had been a boat mechanic since I was 16 but I wanted to make a bigger difference. Thanks to Learn Local and the Skills and Jobs Centre, I found my calling in disability work."



introduction to disability support work

Are you thinking about a career in disability?

This fabulous short course will help you decide and is also a pathway to further education and employment.

This program includes an introduction to the Disability sector, digital literacy skills, study skills, site visits, guest speakers, communication skills, resume development, interview skills and more.

Many of our past students are now working in this growing sector and/or studying towards further qualifications.

This is the first step towards your new career.

your digital life

Digital literacy is essential for employment, further study and getting by in our modern world. We are proud to be a Learn Local provider of quality courses. If you are looking for employment or further study you may qualify for a discount on a Learn Local course.

WATCH THIS SPACE

We are reviewing our digital classes and will update this page soon.

We would love to know what you would like to learn. What confuses you about technology? What would help you feel more confident with your digital literacy for life and work?

This may include how to use devices such as computers, smartphones, and tablets/ipads. We would love to hear any suggestions you may have.





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		<i>\$12 wk \$95 term</i>
TUES	9.30am - 10.30am	Heather
TUES	11.00am - 12.00pm	Heather
WEDS	9.30am - 10.30am	Heather
WEDS	11.00am - 12.15pm	Jeni
WEDS	1.00pm - 2.15pm	Jeni
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

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 / \$75 term

MON 1.00pm - 3.00pm Maria R 1

art \$12 wk / \$95 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 / \$95 term

TUE 1.00pm - 3.00pm Ronis R 4

knitting + crochet \$10-12 wk / \$77-\$95

WED 9.00am - 11.00am Hazel R 1 \$77

FRI 9.00am - 12.00pm Hazel R 1 \$95



creative craft \$12wk / \$95 term

THUR 9.30am - 11.30am Kerri R 1

THUR 1.00pm - 3.00pm Kerri R 1

FRI 11.00am - 1.00pm Kerri R 3

mosaics \$10wk / \$77 term

FRI 12.00pm - 2.00pm Paula R 4

slr cameras \$105 6 weeks

Expressions of interest Tara



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 / \$75-\$140 term

intermediate 4

MON 6.00pm - 8.00pm \$75

beginners 1

TUES **Expressions of interest**

beginners 3

WED 5.00pm - 7.00pm \$95

beginners 2

THUR 4.00pm - 6.00pm \$95

intermediate 5

THUR 6.00pm - 8.00pm \$140

italian

\$12 week / \$95 term

THURS 6.30pm - 8.00pm Maria R 1

auslan - beginners

\$200 / \$180 conc

MON 7.30pm - 9.00pm Peter R 1

auslan - advanced

MON 6.00pm - 7.30pm Peter R 1

spanish for travel 1

\$12 week \$95

THURS TBA Maria R

conversational spanish 2

\$12 week \$95

THURS TBA Maria R

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 week / \$95 term

TUE 9.30am - 12.00pm Maria

cooking \$12 week / \$95 term

FRI 9.00am - 11.00am Barb

the modern sugar flower

Expression of interest \$145 term

TUE 6.00pm - 8.00pm Jody

Be inspired - create beautiful flowers to
decorate your cakes

cake decorating \$145 term

WED 1.00pm - 3.00pm Jody

WED 6.00pm - 8.00pm Jody

THUR **Expression of interest** Jody



massage

Massage appointments are available
Tuesdays with Rachel
Call the office for prices and bookings

anxiety support group (ARCVic)

ARCVic Helpline 9830 0533

FREE online Zoom meetings can be
found on ARCVic's event calendar

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

your support

counselling

FREE counselling is available Thursdays by
appointment.
Counsellor is Peter Cartwright

AA women's group

MON 4.00pm - 5.00pm Room 3

AA

FRI 7.00pm - 9.00pm Room 1

the vri

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 an extensive community garden, courtyard filled with green walls of herbs and of course the large VRI hall with newly renovated kitchen. Volunteers tend the garden and the hall is hired out to many different individuals, groups and organisations for a variety of different functions.

For further information about the VRI, hall hire and to organise a tour phone us on 5174 6199.



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 - 3.30pm 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**



other learning locations

VRI Hall Community 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