



Colac Neighbourhood House



COURSES & ACTIVITIES

February 2017 ENROL NOW!

23 Miller Street, Colac
5232 5210 / 5232 5368
nhouse@cah.vic.gov.au
www.colacneighbourhoodhouse.org.au
Office hours: 9:30 am - 2:30 pm

SPECIAL EVENT



RECYCLABLE CRAFT DAY with Kirsty & Casey *Rethink Recycle Recreate*

Looking for something fun to do with the kids? Casey and Kirsty will show you cool little projects you can do with your kids that won't bread the bank!

This is a great opportunity to create with your kids and help them to have fun, develop their imagination and fine motor skills. So pop along and have some fun!

9:00 am - 4:00 pm
Sunday 19 February
Gold coin donation

For more ideas check out:
Recycle Rethink Recreate on Facebook

Do you have **skills** and **ideas** that you would like to **share** with your **community**?

Contact us and get involved!

SPECIAL EVENT

NEW

WOMEN DAIRY FARMERS *Pamper session*

Are you a dairy farmer that needs a day out? Why don't you pop over to the Neighbourhood House for a coffee, chat and pamper session.

The aim is to make this a monthly event. So load the car up and join us!

12:30 pm - 2:30 pm
Wednesday 1 February
Call or text to register

For more information contact:
Ann-Marie 5232 5244 / 0447 321 599



LIVING

COMMUNITY GARDEN

NEW

Come along and get your hands **dirty** in the community garden. Every week includes hands on gardening, growing and harvesting. Learn about your garden through discussion with other like-minded gardeners.

10am-12pm Wednesdays
\$3/gold coin donation

CHOIR OF THE HEART & SOUL

Join our choir! It is for singing, harmonizing & friendship. This choir is for anyone who loves or wants to sing.

12:00 pm - 2:00 pm Wednesdays
\$3/gold coin donation

Keep up to date with what's happening at CNH

VISIT OUR WEBSITE!

WAYWARD WALKERS

NEW

Start the week off on the right foot with a walk. All paces catered for!

9:45 am - 10:30 am Mondays
\$3/gold coin donation

ART GROUPS

These three vibrant groups of artists create in a diverse range of media. Bring any project you are working on & be inspired by our creative community!

1:00 pm—4:00 pm
Mondays - Wednesdays
\$3/gold coin donation

COLOURISTAS

NEW

Are you looking for a way to practice mindfulness? Come along to our colouring group and let your stress wash away. We provide sheets and pencils but feel free to bring you own!

10:00 am - 11:30 am Fridays
\$3/gold coin donation

MEDITATION

Suzanne Frydman

This meditation & relaxation group explores a range of techniques, incl. breathing exercises, creative visualisations, body scanning & sound awareness. Everyone is welcome. No experience necessary.

6:00 pm - 7:00 pm Thursdays
7:30 pm - 8:30 pm Thursdays
2 February - 30 March (9 sessions)
\$12/\$10 concession

CRAFTERS WITH A CONSCIENCE

This friendly group creates for their family, friends and works to enrich the life's of others in the community.

10:00 am - 12:00 pm Thursdays
\$3/gold coin donation



BE THE FIRST TO KNOW. CONNECT WITH US ON FACEBOOK

COURSES & ACTIVITIES

February 2017

23 Miller Street, Colac
5232 5210 / 5232 5368
nhouse@cah.vic.gov.au

www.colacneighbourhoodhouse.org.au
Office hours: 9:30 am - 2:30 pm



LEARNING

FIRST AID—LEVEL 2

Eclipse Education 5222 5858

Are you looking to get a first aid certification? This first aid course (HLTAID003) combines online and classroom delivery to provide you with the skills to assess the situation; provide first aid procedures; communicate the details of the incident & evaluate own performance.

2:30 pm - 5:30pm

Friday 10 February or 10 March
\$130

WRITER'S WORKSHOP

Are you looking for a space to practice your writing skills and some time to pump out those word counts? Forget the excuses of why you don't have time to write and come along to our writing workshop to flex those writing muscles and develop a consistent writing routine. Bring a pen and paper or a laptop - your choice!

1:00 pm - 2:30 pm Fridays
\$3/gold coin donation

CLASSICS BOOK CLUB

Books are so much more exciting when you can share them with someone! This new bookclub explores the classics looking at books you love and books you have been meaning to read. Come along and share your passion!

23 February, Shelley's Frankenstein
23 March, Dickens' Great Expectations
1:00 pm - 2:30 pm
4th Thursday of the month
\$3/gold coin donation

DROP IN: TECH SUPPORT

Overwhelmed with technology frustrations? Can't access your voicemail? Trouble with email? Unsure how to use that new app? Get some help demystifying your pesky device!

1:00 pm - 2:00 pm Mondays
\$3/gold coin donation

DROP IN: SOCIAL ADVOCACY

Have an idea that you want to mobilise to make Colac better? Unsure about your rights? Unsure what information to include on a form? Need help writing a letter? Drop in & we'll work with you!

1:00 pm - 2:00 pm Wednesdays
\$3/gold coin donation



LINKING

MUMS & BUBS

Caz Cole 0417 581 473

This group is for mothers and pregnant women under 25. Meet other mum's, share experiences and build on your parenting skills.

10:00 am - 12:00 pm Tuesdays
31 January-28 March

COLAC NEIGHBOURHOOD HOUSE PLAYGROUP & SMALL TALK

BCYF - Janelle 5231 4740

These supported playgroups provide a great way to expand you and your child's social connections and is a fun way to spend the morning!

CHN Playgroup

10am-12pm Thursdays
23 February-30 March

Small Talk

Eligibility requirements
Please call Janelle 5231 4740

WOMEN ON THE MOVE

This vibrant group of women meet weekly to participate in fun activities. Come along & find out for yourself!

1pm - 3pm Mondays
\$3/gold coin donation

COMMUNITY CATCH-UP

Are you new to the area and looking to make friends and find out what is going on in Colac? Are you a Colac Ambassador keen to showcase and welcome new residents? Well, now it's time to join our community catch-up!

1:00 pm - 2:30 pm, 9 February
2nd Thursday of the month
\$3/gold coin donation

CANCER SUPPORT GROUP

This friendly, social and supportive group is open to those affected directly or indirectly by cancer. Come by for a coffee and a chat!

1:00 pm - 3:00 pm Tuesdays
\$3/gold coin donation

MUSLIM PRAYER GROUP

Participate in Friday prayer with this local group.

1:30pm - 2:00 pm Fridays

NEXT MONTH

COMMUNITY LUNCH

AUTUMN

Welcome in the new season by joining us for our community lunch on the first Thursday of the season. This is an opportunity for us to showcase the produce from our community garden and an opportunity for you to meet other members of the community, share a meal and share your story.

First Thursday of Autumn
12:00 pm - 2:00 pm, 2 March
Bookings essential
\$3/gold coin donation

Proudly supported by the Colac Otway Shire's Neighbourhood House grant.

OTHER SERVICES

The Colac Neighbourhood House offers you the following services:

- Photocopying, printing & laminating
- Public access computers
- Free Wi-Fi
- Community garden
- Drop in for a coffee
- Library service
- Children's playground
- Venue and room hire



BE THE FIRST TO KNOW. CONNECT WITH US ON FACEBOOK