



Colac Neighbourhood House



COURSES & ACTIVITIES

May 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



LIVING

COMMUNITY GARDEN

Come along and get your hands dirty in the community garden. Every week includes hands on gardening, growing and harvesting.

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

THE CHOIR OF HEART & SOUL

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

12:00 pm - 2:00 pm Wednesdays
\$10

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, Tuesdays, Wednesdays
\$3/gold coin donation

COLOURISTAS

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 your 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
20 April - 15 June (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

WAYWARD WALKERS

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

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



LEARNING

DROP IN: TECH SUPPORT

Overwhelmed with technology frustrations? Can't access your voicemail or that new app? Get some help demystifying your pesky device!

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

SPECIAL EVENT



LGBTI EQUALITY ROADSHOW LGBTI Inclusion Planning

Friday 2 June

This event is part of the LGBTI Equality Roadshow hosted by Victoria's first Gender and Sexuality Commissioner, Ro Allen.

Join key stakeholders and have your say about what a local LGBTI Inclusion community looks like and shape how new conversations and new partnerships will take place locally

9:30 am - 11:30 am

Register at:

<https://engage.vic.gov.au/lgbti/barwon-events>



BE THE FIRST TO KNOW. CONNECT WITH US ON FACEBOOK

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COMPUTER CLASSES

Glenda 5232 5466

Looking to take your computer skills to the next level?

Powerpoint Introduction 8 June
Outlook 15 June
Powerpoint Advanced 22 June
Publisher 29 June
9:30 am - 12:30 pm
\$75

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!

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



LINKING

COLAC PEER ACTION GROUP

Kylie 0439 011 003

This group is hosted by VALiD and invites people with disability and their supporters along to join this group to provide support, friendships, information sharing, advocacy, afternoon tea and a chat

1:00 pm - 3:00 pm, 15 June
2nd Thursday of the month
\$3/gold coin donation

COLAC FAMILY SUPPORT GROUP

1300 660 068

Do you have someone in your life with drug or alcohol problems? Do you seem to be going around in circles with the same thing happening over and over? Do you feel constantly at the mercy of something you can't control?

6:00 pm - 8:00 pm, 12, 26 June
2nd & 4th Monday of the month
\$3/gold coin donation

CANCER SUPPORT GROUP

Lorraine 5231 5001 Mick 5233 8252

This friendly, social and supportive group is open to those affected directly or indirectly by cancer.

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

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
18 April - 27 June

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
20 April - 29 June

Small Talk
Eligibility requirements
Please call Janelle 5231 4740

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

Contact us and get involved!

DAY RESPITE AND SOCIAL SUPPORT GROUP

Anam Cara House Colac 5233 8203

Social support group for ladies and men of all ages with a chronic illness. Activities, games & socializing.

10:30 am - 3:30 pm daily

MUSLIM PRAYER GROUP

Participate in Friday prayer with this local group.

1:30pm - 2:00 pm Fridays

WOMEN ON THE MOVE

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

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

NEXT MONTH

SCHOOL HOLIDAY ACTIVITIES Monday 3 - Friday 7 July

Are you looking for some fun and affordable ways to engage the kids in the school holidays? Look out for our flyer with activities scheduled for the first week of the holidays!

For my info contact Louise 5232 5368 or email lprosser@cah.vic.gov.au

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



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