



**TERM 1 2019**  
**January 30 - April 5**

**CONTACT US**

**16 Orwil Street, Frankston, Vic 3199**

**Phone: 03 9783 5073**  
**Monday to Friday**  
**9:00am – 3:00pm**

**Email: [info@orwilst.org.au](mailto:info@orwilst.org.au)**  
**Website: [www.orwilst.org.au](http://www.orwilst.org.au)**  
**Facebook - OrwilstComHouse**  
**Instagram - OrwilstComHouse**  
**Twitter - @OrwilstComHouse**

**Reg. A0004583 ABN 27 480 740 168**



*We gratefully acknowledge financial support from the Victoria State Government, Department of Health and Human Services and Frankston City Council.*



# MONDAY

## CUPPA AND CHAT

Come and join us for a friendly cuppa and chat. A great way to meet new people in a relaxed, friendly, safe environment. Newcomers always welcome!

**10.00am - 12.00pm. Cost: gold coin donation.**

## CHAIR YOGA

Have you always wanted to try yoga but don't like the thought of sitting in funny positions on the floor, then why not give CHAIR YOGA a try?

Chair Yoga is a class suitable for all shapes, sizes and mobility. The beauty of a chair yoga class is that 90% of the class is done sitting on a chair, or using it as a prop to aid your balance and support, so there is no worry about getting up or down on the floor.

**9.30am - 10.30am. Cost: \$80.00 for 8 weeks or \$12.00 a session.**

**Facilitator: Lisa Apeltauer**

## “HEAL YOUR LIFE CLASSES”

‘Feelings come from thoughts and thoughts can be changed.’

According to Louise Hay's teaching, we have the power to change our lives, simply by thinking different thoughts. Join me in this powerful and transformative class and get ready to change your life!

**1.00pm - 3.00pm. Cost: \$75.00 for 6 weeks.**

**Facilitator: Christine Elliott**

## IMAGES of MANHOOD - MEN'S GROUP

A support and information group for men examining their role and common problems men face in 2019. Come and share your experiences in a supportive, relaxed environment.

**For more information please call Gary on 0408 351 015**

**7.00pm - 9.00pm. Cost: \$2.00 donation.**

**Facilitator: Gary Fewkes (Registered Psychologist)**

## FRANKSTON BIPOLAR SUPPORT GROUP

The support group provides an opportunity for people living with bipolar to connect with other bipolars to share experiences, information and ideas.

Group members gain strength and support from each other and learn new ways of coping through sharing experiences in a safe and confidential setting.

**Meets 4th Monday of the month from 7.00pm to 8.30pm.**

**There is no requirement to register, just come along to any meeting. No Cost**

**Contact Ray@ [bipolarlife.org.au](mailto:bipolarlife.org.au) or call 9504 0033**

**Enquiries: Bipolar Life Victoria 9504 0033 [admin@bipolarlife.org.au](mailto:admin@bipolarlife.org.au)**

# TUESDAY

## MEDITATION

We all lead such busy lives, come and enjoy an hour just for you!  
Relax and heal through a “peaceful meditation”.

**“Everyone is welcome to attend”**

**9.30am - 10.30am. Cost: \$5.00 a session.**

**Facilitator: Karl Two Eagles**

## REIKI

**Reiki is a Japanese word meaning Universal Life Energy.**

A state of deep relaxation combined with a general feeling of well-being is usually the most noticeable effect of the treatment. *No appointment required.*

**10.45am - 12.45pm. Cost: \$2.00 donation.**

## RED GROUP - WOMEN'S DISCUSSION GROUP

Please feel welcome to join a group for women who through interaction, support and companionship, endeavour to find their own authenticity and meaning of life, while at the same time supporting and caring for the needs of others.

**1.00pm - 3.00pm. Cost: \$2.00 donation.**

**Facilitator: Sandra Garnier**

## UNIVERSITY of LIFE - THE ART OF AGEING

Keeping a healthy body and a privileged mind - for a happier healthier you.  
Free yourself of depression, anxiety, obesity and confusion. Offering discussion, fun dancing and a holistic approach to life appropriate to us as we age.  
Given the right ambience, believe the body has the ability to heal itself.

**1.00pm - 2.30pm. Cost: \$80.00 for 6 weeks.**

**Facilitator: Elisa Goldenbeg**

## USING ESSENTIAL OILS

Guide to everything you need to know to start using Essential Oils for better health, wellness, cooking & cleaning and so much more!

**1.00pm - 3.00pm Cost \$5.00 a session. (Charge is for materials only)**

**‘Hands on Workshops’:**

**February 12 - Feet Pampering & Soothing for sore tired feet**

**March 12 - Making Healthy sweets for upset tummies, travelling etc.**

**Bookings Essential**

**Facilitator: Diane Wise. For enquiries email wise\_diane@yahoo.com.au**

## BELLY DANCE - Beginners' class

Belly dancing is a low impact full body workout that tones and shapes the body in a fluid like manner. Belly dancing strengthens pelvic muscles, prevents lower back problems, improves posture.

Improves hip flexibility and relieves stress.

Classes are taught in a friendly environment, for all ages and fitness levels.

**7.30pm - 8.30pm. Cost: \$5.00 a class.**

**Facilitator: Amanda Neville**

# WEDNESDAY

## **INTERIOR DESIGN IT YOURSELF    \*\*NEW\*\***

This 6 week introductory course to design, offers problem solving techniques using the basic Principles of Design, 'brighten a dark corner', 'enhance a window view', 'soften a structural eyesore'...I will take you through a process using a series of steps in spatial awareness, simple sketches, colours, finishes and presentational techniques to get your own personal project off and running. The rest is up to you, 'enjoy your space at home.'

**1.45pm - 3.15pm. Cost: \$120 for 6 weeks. Materials supplied**

**Facilitator: Catherine McGreal.**

**Catherine has a Bachelor of Arts in Interior Design**

**Enquiries and bookings call Catherine 0401 844 807 or the Centre.**

## **BOOMERS PLUS - THE MEETING POINT CHAT GROUP    \*\*NEW\*\***

This friendship group is aimed at seniors who would like to meet new friends over a cuppa and chat. Socialise and share ideas, come in and enjoy lively chats and guest speakers.

**Meets fortnightly 12.30pm - 2.30pm. Cost: Gold coin donation**

**Please contact the House for further information.**

**Facilitator: Anita Lucas**

## **CARD MAKING**

Come along and learn how to make cards for special occasions, and in the process meet some new people in a friendly and fun environment. Take home some wonderful cards that you have designed and made yourself, with Val's support and guidance.

**Meets second Wednesday of every month. Facilitator: Val Wooding**

**1.00pm - 3.00pm. Cost: \$20.00 a session. All materials supplied.**

## **'OFF THE BUS'    \*\*NEW\*\***

A drop in after school fun and enjoyable program for Grades 5 & 6 students using creative processes in all forms of art making for enrichment.

**3.45pm - 4.45pm Wednesdays. \$15.00 per session. Materials supplied.**

**Facilitator: Catherine McGreal.**

**Enquiries and bookings call Catherine 0401 844 807**

**Catherine holds a Diploma/Graduate Diploma in Arts Therapy (MIECAT)**

## **OFFICE BASICS**

This course will suit anyone entering a work environment in which computer programs are necessary, or for students entering courses in which knowledge of computer programs is essential. It is designed to give participants confidence in themselves whilst upgrading skills. This course includes: Word documents, Excel, Power Point Presentation & the Internet. Create or update a resume using word documents, and much more..

**7.00pm - 9.00pm. Cost: \$80.00 for 10 Weeks.**

**Facilitator: Ava Whetton.**

# THURSDAY

## SEATED EXERCISE TO MUSIC CLASS

This 1 hour long fun exercise to music class will benefit anyone from the over 50's to Seniors, or just anyone in need of extra care.

If you have problems with your back, knees, feet, arthritis, osteoporosis, excess weight, lack of sleep, or just recovering from injuries, then this class will take care of your body by making you stronger so you will better perform everyday tasks in life.

Work at your own level without feeling either the need to compete, nor the worry of being judged. The chair is used throughout as you exercise seated.

As you progress and become stronger, you will have the option to continue on the chair or just use it as support.

**10.00am - 11.00am. Cost: \$11.00 (Concession \$9.00)**

**Facilitator: Katya Davis**

**For more information contact Katya on 0407 391 822**

## FRIENDLY GAMES and SOCIAL GROUP

Come and have a fun and relaxing morning playing board games.

Come and meet some new people in a relaxed, safe environment.

**10.00am - 12.00noon. Cost: \$2.00 donation.**

**Facilitator: Ray Alford**

## STEPS TO WHOLENESS

A support group to relieve anxiety and depression, offering support, understanding and caring within a safe and non-judgmental environment.

The program offers members strategies which may assist in recovery through group activities incorporating a creative approach. Through providing support, members may gain greater self-awareness, knowledge and skills which will empower them to function at their highest ability. Within a group environment members can share their feelings of motivation, hope and encouragement in their journey towards wholeness.

**1.00pm - 3.00pm. Cost: \$5.00 a session, art supplies provided.**

**Facilitator: Sandra Wilson. Sandra holds a BA in Humanities and Social Sciences, Diplomas in Counselling and Family Intake Support.**

**Diploma in Children's Services and a Certificate III in Disabilities.**

## FOR THOSE WHO HAVE LOST A LOVED ONE TO SUICIDE

This is a support group providing a space to connect with others bereaved by suicide who understand and care.

**Meets first Thursday of each month. 7.00pm - 9.00pm. Cost: Gold coin donation.**

**For more information and to confirm attendance, contact :**

**Support after Suicide on 9421 7640**

**"All Welcome"**

**Supported by Jesuit Social Services.**

This group is in memory of Peter Chaucer and Steven Madden

# FRIDAY

## COMPUTERS

Individual learning. Small group sessions. There are important steps to take to enable confidence in taking control of the computer, keyboard and mouse. and so much more. The facilitator is attentive to students' needs and progression.

Learn in a comfortable, friendly atmosphere.

**9.30am - 11.30am. Cost: \$80.00 for 10 weeks.**

**Facilitator: Ava Whetton**

## SELF - DEFENCE FOR WOMEN \*\*NEW\*\*

Do you have any idea how to defend yourself? We urge you to come to our women's self defence workshop and empower yourself to feel safer.

**10.00am - 11.00am Cost: \$50.00 for Introduction & 4 classes**

**Facilitator Cameron Douglas**

## WOMEN'S ART THERAPY for WELLBEING AND HEALTHY SELF- ESTEEM CLASSES \*\*NEW\*\*

The intention each week is to explore different themes in the current relationship we have with self esteem and wellbeing.

A process of enquiry is used in collaboration with art materials to uncover what is important to you. You will be at the centre of your experience, and I will be there to support your journey. No artistic talent required as the intention is creativity, fun and a safe space to explore.

**10.00am - 12.00pm. Cost: \$160.00 (Concession \$120.00) for 8 weeks**

**Facilitator: Eleni Will**

## OFFICE BASICS

This course will suit anyone entering the work environment in which computer programs are necessary, or for students entering courses in which knowledge of computer programs is essential. It is designed to give participants confidence in themselves while upgrading skills.

**12.30pm - 2.30pm. Cost: \$80.00 for 10 weeks.**

**Facilitator: Ava Whetton**

## ART THERAPY TREATMENT PROGRAM \*\*NEW\*\*

By moving from Art form to Art form whether it is through Image making - collage, painting, spontaneous expression of movement, voice, writing, music making or mindfulness. Come and join us in a welcoming safe space to be your authentic self. You are here to experiment, explore and enjoy the process.

**1.00pm - 3.00pm. Cost : \$80.00 for 8 weeks**

**Facilitator: Jenny Ferguson**

**Jenny has a degree in Advanced Diploma in Therapeutic Counselling.**

# FRIDAY

## EXPRESSIVE TRANSFORMATIONAL DANCE

Experience liberation, expansion, joy and freedom through dance. Based on Raqs Sharqi (Egyptian dance) contemporary and classical fusion. Transformation begins by reawakening your passion connecting to creative movement. It rejuvenates and frees the body igniting the inner spark.

**1.00pm - 2.15pm. Cost: \$10.00 per session.**

**Facilitator: Sandra Wilson,  
Counsellor and Expressive Dance Therapist.**

**For enquiries ring Sandra 0439 619 203 or you can book through the office.**

## MINDFULNESS

We will look at how we can use mindfulness to regain that stability. Together we will explore what uplifts and motivates us and what stands in the way.

There will be time for meditation, conversations, silence and sharing.

**3.00pm - 4.00pm. Cost: \$5.00 a class**

**Facilitator: Shekhar Kamat, 30 years of Meditation experience.**

## ELEMENTAL WISDOM - WE ARE ONE ENERGY

We are a group of light workers whose path have joined and are now working together to be a beacon in our community!

At Orwil St Community House we host Healing Nights for those needing healing and offer an opportunity for others to come along and give healing.

We offer a variety of workshops from crafts to personal growth.

Other activities offered are Drumming Nights and Special Guest Nights.

Tea & Coffee and a warm smile are always there to welcome you!

**For more information you can contact Orwil St Community House, visit our Facebook Page or contact me on 0409 339 333**

**Blessings Mariette.**

**Info at Facebook, Elemental Wisdom.**

**elemental.wisdom333@gmail.com**

**Every 2nd Friday 7.00pm. Cost: \$5.00 donation.**

**Facilitator: Mariette Pasnin**

# SATURDAY

## WOMEN'S TRANSFORMATIONAL/MEDITATIVE DANCE WORKSHOP

This workshop will focus on our connection to the innermost self ... the part that often is not acknowledged. There is no prior dance experience or fitness level necessary. Based on Raqs Sharqi (Egyptian dance) contemporary and classical fusion..

**10.00am - 12.30pm. Cost: \$40.00 (full) \$35.00 (Concession) a session.**

**Dates to be advised. Bookings Essential.**

**Facilitator: Sandra Wilson, Counsellor and Expressive Dance and Movement Therapist.**

**For more information please ring Sandra on 0439 619 203**

## PHONES AND TABLETS

Bring your iPad, iPhones, Android tablets & phones to learn to use them efficiently. Start from the beginning. Learn to use Maps, Facebook, Contacts, Notes Cut/Copy/Paste—(learn to use the keyboard) (Android users learn to use the clipboard) SMS messages, The camera, Downloading Apps (please know your passwords for Apple devices). Sharing photos. Learn in a comfortable, friendly and supportive atmosphere.

**9.30am - 11.30am for 6 weeks. Cost: \$60.00**

**Facilitator: Ava Whetton**

## DIY VERTICAL GARDEN WORKSHOP

This workshop teaches you how to make pot hangers made with macramé so they can be arranged vertically in a column. Everything will be supplied.

**Saturday 23rd March 10.30am - 12.00pm. Cost \$25.00 Bookings required**

## GROWING PLANTS \*\*NEW\*\*

A practical introduction to plant propagation. Learn about growing from seeds, cuttings and vegetable parts. Growing your own plants is more environmental and it will save you money instead of buying seedlings every time.

**Saturday 23rd March, 1.00pm -2.30pm. Cost : \$25.00 Bookings required.**

## SCRABBLE GROUP

Come and have some fun playing scrabble and meet some new people. Ray enjoys teaching new players ways to improve their game in a happy, friendly environment.

**1.00pm - 5.00pm. Cost: Gold coin donation. Bookings Required.**

**Facilitator: Ray Alford For information please ring Ray on 03 59770819**

## TRIVIA/QUIZ SOCIAL NIGHT (EXPRESSIONS OF INTEREST REQUIRED)

Come along to this fun trivia night, bring your friends along or meet new people and show off your general knowledge in a safe, relaxed environment.

**BYO snacks and drink to share. (Alcohol not permitted)**

**Cost: \$5.00 per person. Bookings Essential.**

**For more information and bookings please ring the Centre.**

## CHILDREN & YOUTH ACTIVITIES

**Orwil St Community House is committed to promoting and protecting the interests and safety of children.**

**We have zero tolerance for child abuse.**

**Everyone working at the Orwil St Community House is responsible for the care and protection of children and reporting information about child abuse.**

### POP-ALONG PLAYGROUP

A great opportunity to meet new people and allow your child to play and socialise. New families always welcome. Grandparents and stay at home dads are most welcome too!

**Mondays 10.00am - 12.00pm. Cost: \$3.00 a session.**

**We said a sad farewell to Bree and welcomed Melissa.**

**Facilitator: Melissa Braumueller**



### YOUNG MUMS' PLAY AND LEARN GROUP

Are you a young mum (25 and under) looking for any or all of the below:

- \* Friendship for you and your baby/child?
- \* Some time with other like-minded young mums?
- \* Support?

We would love you to join us!

This group offers a safe, healthy, comfortable and confidential environment for young mums to share experiences, fears, joys, milestones and challenges of being a young parent. The group is held in the childcare room allowing you to bring your child with you. **Monday afternoons 1.00pm - 2.30pm.**

**Cost: \$2.00 donation.**

**Facilitator: Melissa Braumueller**



### RAPPELKISTE FRANKSTON \*\*NEW\*\*

We are a German speaking pre-school playgroup that focuses on children aged 2-5 years. We are part of the AGWS (Australian German Welfare Society) and our aim is to help the children to keep their German language, background and traditions alive.

We sing, play and do arts and craft. Parent/Carer must be present.

**No charge for parents with their child aged Newborn to 18 months.**

**Wednesday 10.00am - 12.00pm. Cost: \$ 10.00 for the first child (over 2 years of age) and \$5.00 for the second child.**

## **COUNSELLING SERVICES**

**Orwil Street Community House wishes to meet the needs of the community in the best possible way and our Counselling services are offered by accredited and experienced counsellors.**

**Cost: \$40.00 for the first visit and \$30.00 for all following visits.**

**We also offer Couples Counselling - Cost: \$50.00**

**Please ring the House for bookings or more information.**

### **INTRODUCING OUR COUNSELLORS**

#### **GARY FEWKES**

Gary holds a Bachelor of Arts Degree with Honours in Psychology and is a Registered Psychologist. He enjoys working with people adjusting to new situations in their working lives and personal lives and has an interest in men's issues, depression, anxiety, grief and loss and mental health.

He has also worked with women experiencing domestic violence and as a Counselling Supervisor with Lifeline.

**For a booking with Gary please ring 0408 351 015**

**Gary also facilitates our Men's Group on a Monday evening.**

#### **SANDRA GARNIER**

Sandra is a warm and approachable counsellor who believes in people and their ability to overcome life's struggles to find a healthier and more peaceful way of living. She considers her counselling to be a collaboration between herself and her clients, accompanying them as a 'companion' along their journey to wellbeing. Sandra specialises in anxiety/depression counselling as well as relationship counselling and spiritual direction.

Underpinning Sandra's counselling is a Bachelor Degree of Social Science (Pastoral Counselling), as well as a Diploma/Graduate Diploma of Arts Therapy. Sandra has over ten years experience of being the Community Counsellor in Frankston North.

**Sandra also facilitates our RED Group (Women's Support Group) on a Tuesday afternoon.**

## COUNSELLING SERVICES

### SANDRA WILSON

Sandra is a Counsellor and Dance and Movement Therapist. She is a person centred therapist who believes in creating the space for people to explore their feelings and emotions, enabling them to create changes in their lives with support and validation. She has extensive experience supporting people who are experiencing anxiety, depression, grief, trauma, relationship issues and other life events which are preventing them from moving forward. She is creative in her approach, and assists her clients to empower themselves. Sandra holds a Bachelor of Arts (Humanities and Social Sciences), Diplomas of Counselling and Family Intake Support Work and an ACCA Supervisor. She is a member of the Australian Community Counselling Association. **Sandra also facilitates our Steps to Wholeness - Anxiety and Depression support group on a Thursday afternoon.**

### ANDIE VORRATH

Andie is an individual and couples counsellor. Her areas of expertise and special interest are working with mental health (anxiety & depression), trauma and relationship difficulties. Andie offers online counselling services (via Skype) and intensive couples counselling/workshops.

**For info and bookings please ring Andie on 0438 809 329.**

**Andie holds a Bachelor of BA, Dip. Counselling, Dip Family Intake Support Work. Specialist Cert. Couples Therapy and a Cert.**

**EMDR Therapy. She is a member of the ACA, EMDR Australia, ICEEFT and a member and part of the organising group of MCEFT.**

**Please note:**

**We do not wish people to be excluded because of financial pressure, so please, talk to our Coordinator (in complete confidence) if costs are a problem for you.**

# COMMUNITY GROUPS

## **DIDS (DADS IN DISTRESS)**

A safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief. Help in navigating the future and understanding the past. **Meets every Wednesday evening at 7.30pm.**  
**For more information and support ring 1300 853 437**

## **TI TREE RENTAL HOUSING CO OP**

Common Equity Housing Ltd (CEHL) is a Victorian based not-for-profit company. The Group has been operating for around 25 years, managing the CERC Housing Program. Our business mission is to provide affordable accommodation to those members of the community who cannot do so on their own. We provide support and oversight of 100+ Common Equity Rental Housing Cooperatives (CERC) spread throughout Victoria.  
**For further enquiries ring 9208 0800 or free call 1800 353 669**

## **PARENT/CARERS SUPPORT AND RESOURCES GROUP**

Are you the parent of a child or adult with a disability?  
Gain support, friendship and information.  
**10.00am - 12.00pm. Meets (monthly) 4th Wednesday.**  
**For further enquiries contact Lani Peach 5970 2000**

## **KINSHIP CARER SUPPORT GROUP**

Are you a Kinship carer who is caring for a child that is not your own on a fulltime basis? Attend our social support group to gain information, share ideas and have fun in an informal setting.  
**This group meets monthly during school term, on a Thursday morning 9.30am - 12.00pm. For further enquiries contact Sue Gale 9212 5600**

## **DADS IN FAMILIES FOUNDATION**

To assist, encourage and equip men to understand and deal with the consequential impact of past actions, past training, past experiences, past circumstances and to take responsibility for present and future choices, behaviours and relationships. To affirm men and assist in widespread recognition of the importance of their role and contribution to personal, family and community welfare.  
**For information please ring Thomas Davenport 0428 311 311**

## **SPECIAL OLYMPICS**

Fund raising group for athletes with disabilities.  
**Meets (monthly) every 3rd Tuesday evening.**

# COMMUNITY GROUPS

## **FRANKSTON FAMILY DRUG HELP SUPPORT GROUP**

Do you have someone in your life with drug or alcohol problems?

Do you seem to be going round in circles with the same thing happening over and over? Where can you go to be amongst people who understand, learn strategies to cope and gain support?

The strain of living with someone else's problem behaviour is more than most people can cope with alone. In a support group members are with others who have travelled a similar journey. Attending groups regularly can reduce feelings of fear, anxiety, depression, helplessness and shame by gaining support, information and ongoing learning.

Our support groups are based on a highly successful model of learning and peer support. At each meeting you will learn about addiction, positive ways to respond to addictive behaviours and other associated issues which adversely affect families. You will have the opportunity to share your story, hear and learn from others' experiences in a warm, supportive and non-judgemental environment.

**Meets every 2nd & 4th Thursday of each month from 7.00pm - 9.00pm**

**For further information or confidential advice contact the Family Drug Helpline -1300 660 068**

## **DRINK DRIVING COURSE**

### **WHAT TO DO AFTER A DRINK/DRUG DRIVING OFFENCE?**

Driver Education Accredited Program - A step by step guide.

Includes Interlock Licence Condition (ILC) and information on Drug Testing for Drivers.

**For more information or to book for the Program or Assessment**

**Contact: Paul Kaldawi 0401 684 875**

## **WORLD SERVICE MEDITATION**

Peninsula Goodwill is a service-based meditation group for experienced meditators..

**This group meets on selected Sundays at Patterson Lakes.**

**For more details please phone Judith on 9772 2524.**



## **APOSTOLIC FAITH CHURCH**

The Apostolic Faith Church is a world wide Christian organization with headquarters in Portland, Oregon USA. As a Trinitarian and Fundamental church, our doctrinal beliefs are basic Bible truths, including the definite experiences of salvation, sanctification and baptism of the Holy Ghost.

## **ADDITIONAL SERVICES**

### **REFLEXOLOGY**

A holistic approach in a gentle and natural way to help improve the general well-being and increase energy flow to the body. A gentle and non-invasive therapy, you only need to remove your foot wear, beneficial for all age groups and gender.

**Judy Redmond. Diploma Reflexology, Member of RAOA**

**For appointments or further enquiries phone Judy on 0407 328 201**

**Cost: \$30.00 for half hour session. (Concession \$25.00).**

### **ONE ON ONE PERSONAL TRAINING**

Katya is a gentle personal trainer who can help with any level of fitness. Also specialising in 50's plus and Ante and Postnatal nutrition.

**Appointments available.**

**Enquiries and bookings: call Katya on 0407 391 822**

### **PALMISTRY**

Experience the fascinating world of palmistry with a professional hand analyst **Anita Lucas**, who has over 20 years' experience.

**Thursday afternoons by appointment, \$20.00 for half an hour.**

### **CLINICAL HYPNOSIS ENERGY HEALING**

Anxiety Control, Motivation, Stop Smoking, Weight Loss, Stress Relief and more. **Appointments available.**

**Karl Two Eagles, Hypnotherapist**

### **HOLISTIC ENERGY HEALING**

Working with energy and colour vibration for physical, mental, emotional and spiritual wellbeing. Clearing, balancing Chakras, shifting blockages of energy, replenishing body and spirit.

**Saturdays - One hour session \$40.00 (Concession \$25.00)**

**For appointments or further enquiries phone Silvia on 0411 644 272**

### **PSYCHIC LIFE DIRECTION**

One on one 'soulful psychic intuitive' readings ..

A holistic and spiritual approach using spiritual channelling, holistic counselling and loving support to answer all your life, love, career, well being and overall spiritual needs. The session will also delve into topics of your choice where you receive spiritual guidance, insights, life direction and recommendations to empower and heal your life in positive ways.

**\$55.00 for a one hour private reading session.**

**For bookings please ring Liz King on 0474 969 325**

## - NOTES -

### House Closures

Public Holiday, Labour Day, Monday, March 11

The house welcomes new ideas for future activities or services. Please feel free to talk to our Coordinator or a member of our Management Committee.

*Any feedback is always welcome!*

*Orwil Street Community House is committed to enhancing the quality of life within its local community, through learning, self help and personal growth for all ages.*

## HERE WE ARE



All participants are asked to become a "Friend of the House" by paying a once-yearly contribution of \$5 the first time they attend a class or use a service at the Community House. Non refundable.

Some classes will only commence subject to minimum numbers. Times, days or costs may vary from printed details. To avoid inconvenience to you, please phone the House before attending.

Enrolments can be made by phone but you must secure your booking within 7 days with 50% payment. Fees must be paid in full before the course commences.

If the course is cancelled, your payment is refunded in full. If you cancel your booking, a \$10 administration fee applies, and the balance refunded. No refund if cancelled a week or less before starting date or once class/course has started.

The House offers a range of low cost activities for people of all ages.

Our experienced tutors offer friendly, well-prepared classes and workshops. We also love to hear from new tutors who want to spread their wings. New people and ideas are always welcome.

We offer Information, Referrals, Support, Qualified Low Cost Counselling, Friendship, Volunteer and Student placements, Playgroup, Self-Help Groups. Venue for Hire for meetings/classes. Photocopy, laminating, computer access at reasonable rates.

This House welcomes people of all ages, culture, gender, health status, affectional preferences, background or ability.

**Drop by soon!**