

ORWIL STREET COMMUNITY HOUSE Inc.



TERM 3, 2018
July 16 - September 21

CONTACT US

16 Orwil Street, Frankston, Vic 3199

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

Email: info@orwilst.org.au
Website: www.orwilst.org.au

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: \$100.00 for 10 weeks or \$12.00 a session.

Facilitator: Lisa Apeltauer

MANAGING YOUR MONEY

Are you having problems managing your money? Then this course is for you! Topics covering: Taking Control of Your Money, Making Savings Happen, Using Banks and Other Money Services and Knowing about Credit.

1.00pm - 3.00pm.

FMC will be facilitating this course free of charge.

NEW

LIFE STORY WRITING

Life story writing includes autobiography, memoir and family history.

Through writing life stories, you can discover threads in the overall tapestry of your life that connect who you are today with the why and how of the person you are now.

7.15pm - 9.00pm. Cost: \$90.00 for 8 weeks.

Facilitator: Christine C. Elliott. Writer, Life Story Facilitator, Healer.

IMAGES of MANHOOD - MEN'S GROUP

A support and information group for men examining their role and common problems men face in 2018. 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 or call 9504 0033**

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

Rewiring your brain - 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: \$90.00 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!

NEW

1.00pm - 3.00pm Cost \$5.00 a session.

‘Hands on Work shops’: July 17 Foaming Hand Wash; August 14 Lava Bead Bracelets; September 11 Shower Fizzers’ Bookings Essential

Facilitator: Diane Wise. For enquiries email wise_diane@yahoo.com.au

MYOB

Creating a new company file, chart of accounts, opening balances, card file, purchasing, paying for purchases, selling, invoicing techniques, receivables, cheques, setting up payroll, setting up employees and conducting a pay run.

6.00pm - 9.00pm. Cost: \$150.00 for 6 weeks.

Additional Requirements: \$39.90 for Manual and \$15.00 for MYOB disk.

Facilitator: Christine Bugbee

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

Louise Hay “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!

10.30am - 12.30pm. Cost: \$75.00 for 6 weeks. Facilitator: Christine Elliott

MINDFUL PARENTING PROGRAM -

For young and expectant parents 25 years and younger.

This short three week program aims to help you feel more connected and compassionate with your child, and calmer within yourself.

Learn simple mindfulness strategies to use in your day to day parenting. How to be present in the moment with yourself and your child. Understanding emotional and behavioural development in children. Expectations of yourself as a mother/father and partner. Support—it’s ok to ask for help, ideas on where to find it.

Free childcare can be provided for the duration of the session..

NEW

11.00am - 1.00pm. August 1, 8, and 15

For more information contact Headspace Frankston 9769 6419

Britt Watson or the Intake team.

KEEPING IT TOGETHER

The Keeping It Together Program is an eight week program for women over the age of 18. The program aims to provide you with a space to explore strengthening yourself and learn skills that are essential to building and maintaining healthy relationships.

Cost: Free, but intakes and registrations are essential.

1.00pm - 3.00pm for 8 weeks. For more information and intakes, please contact

Sancha on 9705 6699 Email: snoranho@caseynorthciss.com.au

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.

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

Facilitator: Val Wooding

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 an 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, use a USB, file extensions and organisation. Create spreadsheets. Create a powerful power point presentation and learn to upload and download using the internet.

7.00pm - 9.00pm. Cost: \$100.00 for 10 Weeks Facilitator: Ava Whetton.

THURSDAY

SEATED EXERCISE TO MUSIC

This one hour long fun exercise to music class, will benefit the over 50s, Seniors, or just anyone in need of extra care. If you have problems with your back, knees, feet, arthritis or just recovering from injuries, then this class will assist you by increasing your strength - whilst working at your own level.

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

Facilitator: Katya Davis

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. Connect with others and realise you are not alone.

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.

INTRODUCTION to MEDICAL RECEPTION

Are you interested in working in a health professional's office?

This introductory course will provide you with the basic knowledge and skills to work in a medical office and gain an introduction to medical terminology.

The course is a pathway to employment and/or further training at Certificate III level at TAFE or similar.

1.00pm - 3.30pm Cost:\$150.00 for 8 weeks (20 hours)

Additional requirement \$30 for manual.

Facilitator: Christine Bugbee

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 - BEGINNERS

A basic computing course for beginners or those with little knowledge of computers. Students will learn basic word processing, file management; internet and email use and become familiar with operating systems, online security, strong passwords, your digital footprint and social media.

9.30am - 11.30am. Cost: \$100.00 for 10 weeks.

Facilitator: Ava Whetton

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 an essential.

It is designed to give participants confidence in themselves while upgrading skills. This course includes: Word Documents, Excel, Power Point Presentation and the Internet. Create or update a resume using word documents, use a USB, file extensions and organisation. Create spreadsheets. Create a powerful power point presentation and learn to upload and download using the internet.

12.30pm - 2.30pm. Cost: \$100.00 for 10 weeks.

Facilitator: Ava Whetton

NEW

EXPRESSIVE TRANSFORMATIONAL WOMEN'S 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

Life can be wobbly sometimes. 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 healers whose aim is to help others in our community through Meditation and Spiritual Healing. Our goal is to become more connected to our own awareness so we can raise our vibration. Workshops and special guests.

Info at Facebook, Elemental Wisdom. elemental.wisdom333@gmail.com

Every 2nd Friday 7pm. Cost: \$5.00 donation.

Facilitator: Mariette Pascin

SATURDAY

WOMEN'S TRANSFORMATIONAL/MEDITATIVE DANCE WORKSHOP

This workshop will focus on our connection to the inner most 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: July 28, August 11, September 8. Bookings Essential.

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

For more information please ring Sandra on 0439 619 203

COMPUTER - TABLETS - SMART PHONES

Connect your devices to transfer images/files, documents. Open PDF files, download, upload to Facebook and Email - Edit your images.

Bring in project ideas. Work at your own pace and importantly - have some fun!

All in a relaxed and supportive environment.

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

Facilitator: Ava Whetton

INTERNET SHOPPING / FACEBOOK & SKYPE

Would you like to learn how to shop online to be able to have your groceries delivered? Do you need some help learning new technology?

Would you like to learn how to connect with family and friends using Facebook or Skype? All in a relaxed informal class.

12.30pm - 2.30pm for 4 weeks. Cost: \$40.00

Facilitator: Ava Whetton

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 more information please ring Ray on 03 59770819

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.

Facilitator: Bree Tootell

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

KIDZ CREW - DANCE & PLAY

A fun and energetic workshop for children aged 5-7 years.

Children will learn a variety of skills through dancing, acting, and playing.

This session improves social & learning skills and helps to develop confidence.

A great way for kids and their friends to stay active whilst having fun!

Tuesdays 4.00pm - 4.45pm. Cost: \$120 x 11 classes or \$15.00 drop-in

For more information or bookings please ring Sheena Chundee on 0410 045 643 or check out the website rebelstepz@gmail.com

www.rebelstepzarts.com www.facebook.com/rebelstepz/

MUMS & BUBS

This session focuses on gentle yet effective exercises designed to improve flexibility, muscle strength and relaxation. It's the perfect way for new Mums to spend time with their little ones whilst taking time out for themselves. We advise checking with your GP before booking.

"All bookings must be made in advance, casual classes included"

Wednesdays 10.00am - 11.00am. Cost: \$140 x 10 Classes or \$20 drop-in

For more enquiries please ring Sheena Chundee on 0410 045 643



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

Appointments available 3rd Friday afternoon of the month.

For appointments or further enquiries phone Judy on 0407 328 201

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

NATUROPATH

A holistic approach that places, you, the patient in the centre. It's based on the principle that our body has an inner ability to heal. Naturopathy offers a safe alternative for the management of various conditions.

Your initial consultation will provide you with a thorough health assessment and a personalised treatment plan.

Appointments available 3rd Friday morning of the month.

Enquiries and bookings call Daliya Greenfeld on 0424 099 978

Initial Consultation (75 min) : \$65.00 Follow up (45 min) \$50.00

Concession initial: \$55.00. Follow up: \$45.00

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.

Session will identify key symbols and messages. The use of spiritual cards and tools will care for your mind, body and spiritual well being.

\$55.00 for a one hour private reading session.

Appointments available between 3 July - 6 August.

For bookings please ring Liz King on 0474 969 325

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.

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.

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 a 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, EMDRAA, ICEEFT and a member and part of the organising group of MCEFT.

ADOLESCENT DISCUSSION GROUP

A new group is being offered, to support and encourage adolescents (from the age of 12), to drop into the centre and have a chat about problems or any issues that may be affecting them in their daily lives. Come and share your experiences with other adolescents in a supportive and relaxed environment; facilitated by a female trainee counsellor.

The sessions will be held from 3.30pm - 4.30pm Thursday's during school terms for a chat.

Meeting dates: 26th July, 2nd ,9th and 23rd August and 6th and 20th of September.

Please contact the House for more details.

Facilitator is Wendy Dwyer 0424 001 064; Cost is free.



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

SPECIAL OLYMPICS

Fund raising group for athletes with disabilities.
Meets (monthly) every 3rd Tuesday evening.
For further enquiries contact Tina Naughton 9789 8682

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 5971 9100

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 more information please ring Thomas Davenport 0428 311 311

COMMUNITY GROUPS

WORLD SERVICE MEDITATION

Peninsula Goodwill is a service-based meditation group for experienced meditators, working in cooperation with like minded groups around the world using The Great Invocation.

**This group meets on selected Sundays and some Wednesdays.
For more details please phone Judith on 9772 2524.**



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 information or to book for the Program or Assessment

Contact: Paul Kaldawi 0401 684 875

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.

The church was founded in 1906.

- NOTES -

We're always planning for next terms program and would love to hear your ideas for new activities and programs!

If you work during the day and would love to come to any of the courses, please let us know and we will try and organise an evening group.

Any feedback is always welcome!

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.

Looking for a great venue for group meetings, in-service days, private workshops? We offer comfortable rooms, whiteboard, TV/DVD, CD Player, kitchen facilities. Our rates are reasonable and flexible. Drop by to inspect or call us for details. If you are interested, please book in early.

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.

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.

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.

Please follow us on



Facebook - OrwilstComHouse



Instagram - OrwilstComHouse



Twitter - @OrwilstComHouse

**** *Join Us* ****

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!