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 try 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, fax, computer access at reasonable rates. This House welcomes people of all ages, culture, gender, health status, affectional preferences, background or ability. Drop by soon!

We gratefully acknowledge financial support from the Victoria State Government, Department of Health and Human Services and Frankston City Council.
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 - 12.00noon. 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: $60.00 for 6 weeks or $12.00 a session.
Facilitator: Lisa Apeltauer.

MOVEMENT TO MUSIC
Come and move your body to energizing music, get fit, meet new friends and have F-U-N. Winning combination of Body/Mind Fitness, assisting women explore their inner, hidden strengths, master how to move through barriers, conquer old fears and limits and create the life they desire and deserve, in the body of their dreams.
1.00pm - 2.00pm. Cost $100.00 for 10 weeks or $12.00 a session.
Facilitator: Terry Bahat.
Terry has been a passionate, experienced Health Coach and Fitness Trainer for over 10 years, helping women be healthier, stronger, fitter, with more energy and self-confidence.

COMPUTERS - BEGINNERS
Learn in a relaxed comfortable atmosphere. You will learn how to take control of the keyboard, mouse skills, safely surf internet and use email. Create a project using word documents, organising files and folders, learn how to access free internet security and to use a USB and more.
7.00pm - 9.00pm. Cost: $100.00 for 10 Weeks
Facilitator: Ava Whetton.

IMAGES of MANHOOD - MEN’S GROUP
A support and information group for men examining their role and common problems men face in 2016. Come and share your experiences in a supportive, relaxed environment.
7.00pm - 9.00pm. Cost: $2.00 donation.
Facilitator: Gary Fewkes (Registered Psychologist)
For more information please call Gary on 0408 351 015
MEDITATION
Relax and heal through “the breath of life” and a “peaceful meditation”.
9.30am - 10.30am. Cost: $35.00 for the term or $3.00 a session.
“Everyone is welcome to attend”
Facilitator: Sandra Wilson

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.

UP – CYCLED JEWELLERY MAKING
Learn the basics of jewellery making while using up-cycled materials and vintage jewellery to make necklaces, bracelets, and earrings. We will cover the techniques, terms and tools of fashion-jewellery making, as well as the design know-how to create your own piece at home. During each session of this six-week course, we will guide you through the creation of your very own hand-made jewellery so that you will take home a finished piece each week!
1.00pm - 3.00pm for 6 weeks. Cost $80.00 (All tools and materials supplied)
Facilitator: Emma Grace (Emma Grace Sustainable Craft Workshops)

BELLY DANCE
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.
7.00pm- 8.00pm (Beginners) 8.00pm - 9.00pm (Intermediate)
Cost: $5 a class. Facilitator: Amanda Neville.
Amanda is a teacher and professional performer at one of Melbourne’s leading Belly Dance schools.
RESUME WRITING & JOB SEARCH SKILLS
Create a **resume** that fills the gaps, uses appropriate words detailed in the position description and creates a profile of you that gets attention.
Create a desirable **cover letter**. Learn to use the **internet** to find work, upload your **resume**, create a desirable spiel when emailing.
Create an **email** account and learn to find it easily and use it with confidence.
9.30am - 11.30am for 6 weeks. Cost: $80.00
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. In a relaxed informal class.
Learn to shop at Ebay & Amazon. Learn to use Facebook and upload photos. Learn to use Skype.
12.30pm - 2.30pm for 4 weeks. Cost: $50.00
Facilitator: Ava Whetton

NEW “WOMENS SHED” GROUP
The group is an opportunity for women of all ages to take a “time out” make new friendships in a supportive, accepting, and safe environment.
The main aim of the group is to have fun, learn and share new skills and make new friendships. Some of the things that are on offer are:
Learn how to make your own gift cards for different occasions, Budgeting session, Arthritis Guest speaker, Art Therapy introduction, Recipe Sharing, DIY Workshop, These are just some of the things that the group has requested and we have organised.
Meets first Wednesday of every month 1.00pm - 3.00pm.
Cost: $2.00 donation, plus material costs.
Facilitator: Maureen Baxter

CARD MAKING
Great news, this popular group is back again!
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.
1.00pm - 3.00pm Cost: $15.00 a session. All materials supplied.
Meets second Wednesday of every month.
Facilitator: Val Wooding

BOOKKEEPING and ACCOUNTING for BEGINNERS
Beginners’ course to provide an understanding of the core concepts and processes used in everyday business. Feeder course to further TAFE studies and accounting packages such as MYOB and QuickBooks.
6.30pm - 8.30pm. Cost: $120.00 for 7 weeks x 2 hour sessions.
Facilitator: Peter Newton. CPA.
YOGA FOR BEGINNERS
Would you like to improve your Mobility, Flexibility, Strength and Balance?
Learn to calm the mind and improve your overall Wellbeing?
Then why not come and try YOGA. Book in today for a Free Trial Class.
10.00am - 11.00am. Cost: $60.00 for 6 weeks or $12.00 a session.
Facilitator: Lisa Apeltauer

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 - 12.00 noon. Cost: $2.00 donation. Facilitator: Penny Deans

STEPS TO WHOLENESS - ANXIETY and DEPRESSION Support Group
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: $2.00 donation.
Facilitator: Sandra Wilson. Sandra holds a BA in Humanities and Social Sciences, Diplomas in Counselling and Family Intake Support.

INTRODUCTION to MEDICAL RECEPTION - New evening class
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.
6.00pm - 8.30pm. Cost: $150.00 for 20 hours (8 weeks) plus $20.00 for the 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
DIY CLINIC
A fun filled morning where we pull things apart, repair broken bits and put things back together again, e.g tap washer replacement, water saving devices, learn how to repair small holes in walls, how to changes light globes etc.
9.00am - 11.00am. Cost: $5.00 a session for 4 weeks.
Facilitator: Peter Dignum

COMPUTERS - BEGINNERS
This is a course for complete beginners, learn in a relaxed comfortable atmosphere. You will learn to take control of the keyboard, mouse skills, safely surf the internet and use email. You will be encouraged to create a project using word documents, organising files and folders, learn how to access free internet security and to use a USB and more…
9.30am - 11.30am. Cost: $100.00 for 10 weeks.

COMPUTERS - INTERMEDIATE
Learn some revision with files and folders on control panel.
Learn how to maintain your computer and fix common problems, to keep your computer running optimally. Learn updating, connect programs and backing up.
Projects: Internet, word documents, camera and USB..
12.30pm - 2.30pm. Cost: $100.00 for 10 weeks.
Facilitator: Ava Whetton

MINDFULNESS
Mindfulness is “paying attention in a particular way: on purpose, in the present moment and non-judgmentally”. This group is an essential first step in recognising an intentional and purposeful change in focus and style of attention. In other words, mindfulness provides both the possibility and means to change thought processes, at one’s own pace, and to engage in helpful alternative ways of thinking that can be used in everyday life.
One week 11.00am - 12.30pm, following week 4.30pm - 6.00pm.
Cost: $5.00 a session. Please ring for more information on session dates.
Facilitator: Harald Riedel, Counsellor.

CREATIVE WRITING
The course will be light hearted and informative with a short question and answer session. I do not promise you all novelists over night but if I impart anything which puts you on the right path, I will be happy. We will have a “write for 10 minutes” session each class. We will then share and critique.
1.00pm - 3.00pm. Cost: $60.00 for 6 week course.
Facilitator: Audrey Moore
GLBTIQ - CREATIVE ART CONNECTION
GLBTIQ Creative Art Connection is a not-for-profit creative art initiative, established in 2013. GLBTIQ Creative Art Connections mission is to provide a mutually supportive, nurturing, non-judgemental, safe space for GLBTIQ people in Frankston and Mornington Peninsula to explore different forms of Creative Art. We, as a group, support all individuals who attend, whether they identify as Gay, Lesbian, Bisexual, Transgender, Intersex or Queer.

11.00am - 1.00pm. Cost: gold coin donation. Meets once a month.
If you require further information please contact Michelle on 0400898044
All enquiries will be in strict confidence. Bookings required.
Email: morningtonglbtiq@yahoo.com.au

ENHANCE YOUR EXTERIOR DOORS - FENG SHUI 1 day Workshop
The ancient knowledge of Feng Shui has the ability to make a home more welcoming or a business more vibrant. Its innate methods are to support and improve the moods of the people who live or work in the building.
Learn about the five elements to create nice chi flow for your entrance doors and the main area and how to apply solutions for trouble spots in a very practical way and to the personal taste of the occupant of that building.
Bring along paper and pen and your house plans if you have them.

1.00pm - 4.00pm. Cost: $50.00. Bookings required.
For enquiries phone Luise 0402 817 701.

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. Ray would like to welcome new players, whether they are experienced or first-time player to come along on a Saturday afternoon to join in with other Scrabblers in a friendly, affordable, afternoon of Scrabble.

1.00pm - 5.00pm. Cost: gold coin donation. Bookings Required
Facilitator: Ray Alford
For more information please ring Ray on 03 59770819

Women’s TRANSFORMATION dance workshop - “The Butterfly”
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.
Cost: $45.00 (full) $35.00 (Concession)
Facilitator: Sandra Wilson, Counsellor and Expressive Dance and Movement Therapist. Bookings required.
For more information please ring Sandra on 0439 619 203
NEW ORWIL STREET 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!
**Monday morning’s 10.00am - 12.00 noon.**
Cost: $3.00 a session.
Facilitator: Athina Houvardas

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 a childcare room allowing you to bring your child with you.
**Monday afternoons 1.00pm - 2.30pm.** Cost: $2.00 donation.
Facilitator: Danielle Loogman

TEENZILLA WORKSHOP - THE INBETWEENS
New Youth Group (12 - 16 year old) starting in Term 2
Bookings Essential - check out the back page for more information
**Wednesday afternoons 4.00pm - 6.00pm.** Cost:$40.00 a term.

FIRST AID AWARENESS for BABIES
Gain the knowledge and skills to calmly and confidently respond to the most common first aid emergency situations.
CPR, Allergies and Anaphylaxis, Choking, Fits and Fevers, Poisoning.
Would you know what to do?
One 2 hour session.
**Expressions of interest now being taken. Please ring for more information.**
**ADDITIONAL SERVICES**

**MASSAGE - Friday bookings available.**
Feeling stressed, need to unwind, come and have a thirty or sixty minute massage with a qualified masseur.
**Cost $25.00 per half hour and $50.00 per hour.**
**Concession $20.00 per half hour and $40.00 per hour.**

**ACUPUNCTURE**
Acupuncture is a component of Traditional Chinese Medicine practices where there are fine sterilised needles inserted in the skin at particular points situated over the body to treat disease and relieve pain.
**Fees for an initial consultation are:**
Initial (1 & 1/4 hr) - $65.00, Follow up (45-60min) $50.00
Concession Initial (1hr) $50.00, Follow up (45 min) $35.00
All enquiries please call Joanne 0406 607 504

**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..
Also written, channelled messages as received for Spiritual guidance. With 20 years experience, I work intuitively as a channel of the Natural, Universal Life Force.
**Saturdays- 1hr Hour session $40.00 (Concession $25.00)**
For appointments or further enquiries phone: Silvia on 0411 644 272

**TAROT READING AND LIFE DIRECTION**
A Tarot reading can give you an idea of where your life is heading. **Terry Curtin** has qualifications in psychology, theology and transpersonal counselling and has recently completed a tarot reading training course. He has wide experience and can combine tarot reading with life coaching.
**Thursday mornings by appointment, $20 per half hour.**

**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.**
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.

As of January 2016 our counselling fees have changed.
The new fee structure is as follows.
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

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.

DEE LIANOS
Dee has completed a BA (Counselling), Diploma of Counselling and is a member of the Australian Counselling Association. Dee’s passion is to help those going through a difficult time, either to cope with everyday life or past and present trauma. Dee has extensive experience with Domestic/Family violence, Child Abuse, Grief and Loss, Trauma, Suicide and Mental Health.
COUNSELLING SERVICES

ANDIE VORRATH
Andie is a Counsellor with extensive experience in assisting people cope with a variety of difficulties and challenges, making sense of their experiences and learning ways of managing their lives effectively. Her areas of expertise are mental health management (depression and anxiety), stress management, relationships and communication and interpersonal difficulties. She works with individuals, couples and groups from a wide range of backgrounds (age/cultures/environments).

Andie holds a Bachelor of Business and Diplomas of Counselling and Family Intake Support work.

She is a member of the Australian Counselling Association.

GEOFFREY WILLIAMS
Geoffrey is an accredited Spiritual Counsellor (and Hahnemann Healer & Trainer). This form of personal counselling is different from other forms of counselling. It has nothing to do with religious beliefs, but is generally suited to people who are unsatisfied with their life currently and know that there is “something more” that they are meant to achieve. Geoffrey will guide you through a process of self-discovery, to help you better understand your behaviours and belief systems. You will gain a greater sense of self-acceptance and meaning to life.

Geoffrey holds various qualifications, including a Diploma in Spiritual Counselling. He is a member of the International Institute of Complementary Therapists.

You can book via the House, or directly with Geoffrey on 0419 440 665 or (03) 9028 5010.

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. She is a member of the Australian Community Counselling Association.

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

BIALA PENINSULA
Biala Peninsula is an early intervention centre for children from birth to school entry with additional needs, delays and disabilities, and their families. The service aims to give these children and their families the opportunity and support to join in a range of family and community activities.
For further enquiries contact Marlene Fox  5975 1820

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 - 12.00noon.
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 - 12.00 noon.
For dates or further enquiries contact Sue Gale  9212 5600

AUSTRALIAN BREASTFEEDING ASSOCIATION
The Frankston Group of the Australian Breastfeeding Association provide information and support to breastfeeding mothers in the local community.
The group meets every 3rd Tuesday of the month 1.30pm -3.00pm.
For further enquires contact Adele Nunan on 0401486 530
All Welcome!
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 9781 3274.

A WESTERN INNER SPIRITUAL JOURNEY
An inner spiritual journey called ‘The Way of the Wyse-Art’ - 11 CD’s—22 sessions. Meets every Thursdays evening 7.00pm - 9.00pm. Cost of the course: $60 payable at the start, then $10 ($5 concession) for each CD. $2.00 donation to Orwil St Community House each session. For more information please call Sheila on 9789 8931 or 0413 457 785

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

DADS IN FAMILIES FOUNDATION
To assist, encourage and equip men to understand and deal with the consequential impact of past actions, past training, past experience and past circumstance 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

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.
- NOTES -

House Closure

Public Holiday -
Anzac Day Monday 25 April

Public Holiday -
Queen’s Birthday Monday 13 June

POP-UP-LEARNING SESSION
Orwil Street Community House is offering “Card Making” at the Frankston City Library on Tuesday the 19th of April, 1.00pm-3.00pm. “Free of Charge”
Come along and learn how to make greeting cards for special occasions, taking home some cards that you have learnt to make for yourself.
For more information, please contact the House on 9783 5073

INTRODUCTION TO RECONNECTIVE HEALING
Find out about the new healing frequencies now available on this planet brought to us through Eric Pearl, a former Los Angeles chiropractor. Learn his story and some of the amazing results of this hands off healing practice. Watch a short demonstration and see how the body responds to this vibrational energy. 10.00am - 11.00am. Date: 4 May. Cost: $2.00 donation.
For more information, please contact Barbara on 9782 6103 or 0433 240 874
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.
**TEENZILLA WORKSHOP**

**TERM 1 2016 WEDNESDAYS 4–6 PM**

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**The “In-betweens” Facilitators:**


Carla: 2yr Dip Ed (primary), 11/2yr Psychology, Carer for intellectually disabled, Managing Challenging Behaviours (health & community services) Ad Transpersonal Counselling. Level 3 Focussing/Counselling.

Jess: Crystal, Energy Holistic Healing, Reiki, Ad Transpersonal Counselling, ongoing studies in Psychology & Counselling.

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Course Structure involves themed lessons:

1. Intro. To Mindfulness
2. Focusing intention with breath & body
3. Perception
4. Thoughts, Emotions, Feelings & Moods.
6. ME to WE: The Connection with the 4 Elements

Student Goals: Through Mindfulness practice, group discussion & Art process, will be reflected into creating a Mandala of their unique journey of the “In-betweens”.

Activities & creative processes will be supported by experienced teachers, therapists/facilitators, each with a strong background & practice in Mindfulness.

**Limited Places**

Certificates at completion of workshop

www.orwilst.org.au

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**ORWIL STREET COMMUNITY HOUSE**

**FOR bookings: 9783 5073**

Afternoon snacks provided....Please inform us of any dietary needs.