

OTHER PROGRAMS

ACCREDITED CERT IV IN FRONTLINE MANAGEMENT

by Meadow Heights Learning Shop. Duration 6 months starting February 2012.

Cost: \$160 / FREE for volunteers.

Contact PMNH on 9645 1476 for more information.

We gratefully acknowledge the support of our funders:



CLASS / GROUP VENUES

Port Melbourne Neighbourhood House (PMNH) Corner Liardet & Nott Sts, (Melway Ref: 2J E4-E5)

Port Melbourne Community Room (PMCR) (above old library) Upstairs, 147 Liardet St, (Melway Ref: 2J E4-E5)

South Melbourne Community Centre (SMCC) Corner Park St & Ferrars Place, (Melway Ref: 2K B4)

Sol Green Recreation Centre (SGRC) Corner Coventry & Montague Sts, South Melbourne (Melway Ref: 2J K2)

Fishermen's Bend Community Centre (FBCC) Corner Dunstan Pde & Centre Ave, Garden City (Melway Ref: 56 H2)

Dig In Community Garden (DICG) Murphy's Reserve, Williamstown Rd, Port Melbourne (Melway Ref: 2J B2)

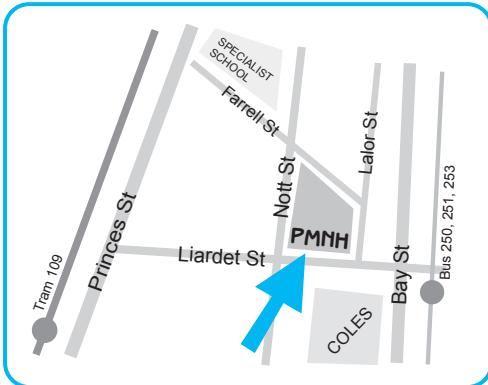
Port Melbourne Primary School Site (PMPS), Graham St, Port Melbourne (Melway Ref: 2J A3)

Raglan St Community Room (RSCR), 5/40 Raglan St, Port Melbourne (Melway Ref: 2J H3)

Betty Day Community Centre (BDCC), 67 Argyle St, St Kilda (Melway Ref: 2P, E6-F6)

PAYMENTS: You need to pay when you enrol to guarantee your place. CASH or CHEQUE or ELECTRONIC TRANSFER ONLY. Please see enrolment form for instructions.

Port Melbourne Neighbourhood House reserves the right to alter, cancel or otherwise modify the information, which is correct as of February 2012.



Port Melbourne Neighbourhood House

Corner Nott and Liardet Streets

Office Hours: Monday to Thursday 9.30 am to 4.30 pm

Friday 12.00 – 5.00 pm

Phone: 9645 1476 Fax: 9645 4539

Email: admin@pmnh.org.au Web: www.pmnh.org.au

Postal Address: PO Box 721, Port Melbourne, VIC 3207



Port Melbourne Neighbourhood House

Term 2

April - June 2012



ENGLISH
THEATRE
COMPUTERS
CREATIVE WRITING
DROP IN ART
COOKING
LITERACY
EXERCISE
BRIDGE



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Port Melbourne Neighbourhood House is a non-profit community-based organization that is managed by an elected Committee of Management representing the local community.

COMPUTERS

Learn basic computers in a friendly and stimulating atmosphere with our experienced teacher.



- COMPUTERS LEVEL 1** Mondays 2.45 – 5 pm
Computers for beginners with intro to the pc, email and Internet.
10 weeks. Cost: \$50 conc.* / \$90 / \$120**
- COMPUTERS LEVEL 2** Mondays 9.45 am – 12 pm
Including beginners Word and Excel.
10 weeks. Cost: \$50 conc.* / \$90 / \$120**
- COMPUTERS LEVEL 3** Mondays 12.30 – 2.45 pm
Including Word, Excel and Powerpoint.
10 weeks. Cost: \$50 conc.* / \$90 / \$120**
- WEB DESIGN BEGINNERS**
Learn how to make your own websites.
5 weeks. Cost: \$120 / \$90 conc. Mondays 7 - 9 pm
- DIGITAL PHOTOGRAPHY BASICS**
Learn how to transfer photos, photo composition, editing and manipulation, emailing photos, printing techniques.
5 weeks. Cost: \$120 / \$90 conc. Mondays 5 - 7 pm
- PC PERSONAL COMPUTER TRAINING**
Call us for more info on 9645 1476

HEALTH



- GENTLE EXERCISE** Cost: \$5 per session
Mondays 8.45 - 9.30 am Venue: SGRC
Tuesdays 9 - 10 am Venue: BDCC
Fridays 8.30 - 9.15 am Venue: PMNH
- TAI CHI** Cost: \$3 per session
Tuesdays 9.30 - 11 am Venue: SMCC
- AFFORDABLE YOGA** for beginners, older and with disability.
Laura will lead you gently through simple stretches, breathing and relaxation.
Cost: \$5 per session
Thursdays 10.30 - 11.30 am Venue: PMCR
- STRENGTH TRAINING FOR OVER 50's**
Working out with weights and getting fit. Everyone is welcome.
Wednesdays 8.30 - 9.15 am Cost: \$5 per session
Venue: PMNH

ART & PERFORMANCE



- CITY OF VOICES COMMUNITY THEATRE**
Learn performance skills & participate in quality theatrical productions. All welcome. Contact us for more info.
Waiting list. Wednesdays 5 - 7.30 pm
Venue: SMCC
- DROP IN ART**
Relaxed environment. No artistic skills needed. Materials supplied.
Mondays 1 - 2.30 pm
Cost: \$2.50 or conc. **FREE!!!** Venue: PMNH
- ROARHOUSE**
A vibrant, socially inclusive live showcase of music, spoken word, poetry & performance arts. Events presented fortnightly at various venues. Please join us! For more information visit the website www.roarhouse.org

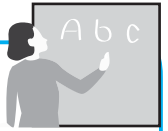
BRAIN WORKOUT



- SCRABBLE** Wednesdays 2 - 4.30 pm
Cost: \$2 per session. FREE to members. Venue: PMNH
- BEGINNERS BRIDGE** Tuesdays 1.30 - 4 pm
FREE!!! Donation for refreshments. Venue: PMNH
- DUPLICATE BRIDGE** For experienced duplicate Bridge players.
Clinic and refreshments included. Wednesdays 1 - 4 pm
Cost: \$10 per session Venue: PMNH

* Please enquire about our fee structure for ACFE funded courses
** Non-permanent Australian resident

EDUCATION FOR LIFE



ENGLISH AS A SECOND LANGUAGE BEGINNERS & INTERMEDIATE

Improve your English skills in reading, writing, listening and speaking. Course includes grammar, pronunciation, conversation, current affairs and more!
Beginners / Intermediate Tuesdays 9.30 am - 12.30 pm
10 weeks. Cost: \$35 conc.* / \$50 / \$90** Venue: PMNH
All **ESL** courses are **FREE** for **Asylum seekers**

KITCHEN SURVIVAL SKILLS

Improve your cooking skills with an experienced chef in a relaxed, friendly environment. Wednesdays 11 am - 1 pm
Cost: \$5 per session Venue: PMNH

READING AND WRITING

Improve your literacy and numeracy skills. Tuesdays 1 - 4 pm
10 weeks. Cost: FREE conc.* / \$50 / \$90** Venue: PMNH

CREATIVE WRITING

Develop your writing skills, receive guidance with a writing project and learn how to publish your work Tuesdays 5 - 7.30 pm
10 weeks. Cost: \$50 conc.* / \$90 / \$120** Venue: PMNH

RECEPTION, ADMINISTRATION AND VOLUNTEER ON THE JOB TRAINING designed to teach you work-skills in this field. More than 67% of students have gone on to employment or further study. Training requires a min. commitment of 7 hrs a week for 6 months.
Call to apply! Venue: PMNH

NEW COURSE

CERT III IN EDUCATION SUPPORT

by MBG Education. Course designed for those who work in the educational sector or seek employment as teachers aides.
Wednesday 9.30 am - 4.30 pm Venue: PMNH
Cost: \$1585 or \$220 for applicants eligible to receive State Government funding (ask for more information)

ACTIVITIES



- COMMUNITY GARDENS** Community garden plots.
Cost: \$30 - \$70 p/y. Call us for more info.
Working Bee 1st Sunday of month 11 am Venue: DICG, FBCC
- GET OUT OF TOWN **FREE!!!****
School holiday family program. Great free activities for concession card holders. 3 day activities per term. Call us for more info.
- MEET & KNIT** Knitting group Fridays 10.30 am - 12 pm
Donation for refreshments. Venue: PMNH
- PLAYGROUP** Venue: PMPS Tuesdays 9.15 - 11.15 am

RECREATION GROUPS FOR PEOPLE WITH MENTAL HEALTH ISSUES



- MONDAY DROP IN** Mondays 11 am - 3 pm
Cost: Donation for meal and activity. Venue: SGRC
- GOURMET WOMEN** 1st Tuesday of month
Cost: Approx. \$10 for meal. Call us for more info. Different venues
- WOMEN'S ACTIVITY GROUP** Every second Friday 1 - 4 pm
Cost: \$5 per session. All groups require booking. Venue: PMNH