

Workshops - continued

Family Violence Mentoring and Support

We offer services and referrals for women who are rebuilding their lives after experiencing family violence. We support women to be empowered, fulfill their potential and explore personal development in a safe and understanding environment.

Survive and Thrive Mentoring Program - a free 10 week program to support women who are rebuilding their lives after family violence. Topics include;

- Improving self-esteem and dealing with feelings of shame
- Misplaced loyalties, identifying patterns of behavior
- Coping with feelings of isolation
- Personal identity and the labels we attach
- Economic needs, financial management and budgeting
- Reflective practice and journals
- Inspiring women and their stories

Contact us for program dates and enrolments. This program is developed and facilitated by Lisa Bonavita.

Survive and Thrive Social Support Group - Join our supportive and welcoming group, make friends in a safe environment.

Preparing for Life

Establish connections with community groups, find employment or volunteering opportunities, pursue further education or live more independently. This program will provide skills development and support to identify your life goals. Put practical steps in place to overcome barriers and achieve your aspirations.

Day: Wednesdays 9:45am - 11:45am

Cost: Free

We would like to acknowledge the ongoing support of;



Inc A0024293B ABN 22400871456



Semester 1, 2020 Program

Term 1: 3 Feb – 27 March

* Mon 9 March public holiday

Term 2: 14 Apr – 19 June

* Mon 8 June public holiday

47 Lambourn Road, Watsonia Vic 3087

(03) 9434 6717 | admin@watsonianh.org.au

Office hours: Mon-Fri 9:00am-3:00pm

www.watsonianh.org.au



watsonianh



watsonianeighbourhoodhouse



Community Services

Free Tax Help

Between July and October 2020, help is available for low income earners needing assistance filling out and lodging your return online using myTax. Bookings essential.

Watsonia Food Sharing and Swapping Hub

Got a glut of lemons, tomatoes, herbs or potatoes? Drop off your excess produce from your garden or kitchen to share and swap with our community. Fresh produce, seeds, seedlings, baked goods and preserves all welcome.

Room Hire

Small & large rooms, projector/screen available. Kitchen facilities, disabled access. Call to discuss availability and rates.

Diamond Valley Foodshare

A voluntary organisation providing emergency food, toiletries and grocery items parcels are available to needy people in Banyule. We are a drop-off point for donations.

Little Library

Come and visit our free Little Library anytime. Take a book, return a book. Even better, sit and enjoy a book in our relaxing community garden.

Recharge Point

If you use an electric wheelchair or scooter and you find yourself low on power, all you need do is call in and we will be only too happy to help you out.

Volunteering

We offer a variety of volunteering positions. Volunteering is a great way to connect with and contribute to our community, learn new skills, make friends and meet Work for the Dole or Centrelink requirements.

Community Garden

Comprised of open space, raised vegetable beds, rose garden, native beds, composting bay and a shade house, our community garden is open for local community to access and enjoy. Volunteers are always welcome to assist in the garden. Produce from the garden will be placed in the Food Sharing Hub.

Watsonia Neighbourhood House respectfully acknowledges and values the Wurundjuri willam people of the Kulin Nation as the first people and traditional owners of this land.

Workshops



Sustainable Watsonia provides opportunities for our local community to join together to build a more sustainable and resilient local community. Initiatives include food swaps, repair cafe, sustainable living workshops, transition streets and zero waste community lunches. Things are happening throughout the year so check our website or Facebook page for regular updates.

Boomerang Bag Making - sewing bees

Help us tackle the problem of single use plastic pollution at a community level. We make reusable bags out of recycled materials and circulate them through our local community. Come along and join our friendly social group. No previous sewing skills required. No cost.

Day: Wed 10:00am - 2:00pm (with a break for a social lunch)

Zero Waste Community Lunches and Food Swap

Join us for a monthly community lunch. Bring something to share ideally without any single use plastic. Have a chat with others about the challenges and successes of zero waste living. We will also have a food swap on the day, so you are welcome to bring excess produce from your garden or kitchen.

Day: Wed 26 Feb, 25 Mar, 22 Apr, 27 May, 24 Jun 12.00pm- 1.00pm

Food Sharing Hub

Food share connects local community members with excess produce to share from their garden or kitchen. Items may include fruit, vegies, herbs, eggs, seeds/cuttings, worm juice, jams. If you have something to share drop it in anytime. Check the Food Sharing Hub for items you can use.

Community Garden

Comprised of open space, raised vegetable beds, rose garden, native beds, composting bay and a shade house, our community garden is open for local community to access and enjoy. Volunteers are always welcome to assist in the garden. Produce from the garden will be placed in the Food Sharing Hub.

Art & Creativity

Acrylic Painting for Fun and Leisure

Traditional European Folk Art incorporating the modern style of decorative painting. Start by learning brush control and colour mixing, add to this the use of painting mediums and you are ready to paint your own project for your home. Beginners to advanced painters, learn in a fun and friendly community class. We have four classes available.

Day: Monday 9:30am - 12:00pm or 7:00pm - 9:30pm
Cost: Term 1 \$154 for 7 weeks Term 2 \$198 for 9 weeks

Day: Tuesday 9:30am - 12:00pm or 7:00pm - 9:30pm
Cost: Term 1 \$198 for 9 weeks Term 2 \$242 for 11 weeks

Artability

Learn in a friendly, supportive and social environment. This class utilises a mixture of art styles and mediums depending on the needs of the individual. Caters for adults of all ages and abilities. Carers and support workers welcome. BYO smock if required.

Day: Tuesday 10:00am - 12:00pm
Cost: \$108 Term 1 (8 weeks) or \$15 trial class
\$135 Term 2 (10 weeks) or \$15 trial class



Creative Art

Explore a variety of techniques and mediums in a friendly & social environment. Bring along your current art project and learn from our experienced art tutor. Beginner to advanced artists welcome.

Day: Tuesday 1:00pm - 3:00pm
Cost: \$108 Term 1 (8 weeks) or \$15 trial class
\$135 Term 2 (10 weeks) or \$15 trial class

Social Art Group

Put time aside and get together with other creative people to work on your art. Support and learn from each other as well as make new friends with similar interests.

Day: Monday 1pm - 3pm Cost: \$5 per session

Sewing & Craft

Boomerang Bag Making - sewing bees

Help us tackle the problem of single use plastic pollution at a community level. We make reusable bags out of recycled materials and circulate them through our local community. Come along and join our friendly social group. No previous sewing skills required.



Day: Wednesday 10:00am - 2:00pm (with a break for a social lunch)
Cost: None

Stitch, Knit and Crochet

Two sessions available – morning and afternoon. Beginners to advanced sewers and crafters welcome to join our social and friendly class. Techniques include embroidery, cross stitch, knitting, crochet, tapestry and quilting. Bring along your project to work on. Sewing machines available for use.

Day: Friday 9:45am - 11:45am
12:15pm - 2:15pm
Cost: \$70 (8 weeks) or \$15 trial class



Patchwork Quilting

Experience the challenge and joy of patchwork quilting using hand piecing, appliqué or a sewing machine. Learn to design your own personalised quilt and other items.

Day: Thursday 7:30pm - 9:30pm
Cost: \$90 (8 weeks) or \$15 trial class

Sewing Social Group

A friendly, supportive and social environment. In this group you can do dress-making, patchwork and mending. Sewing machines can be made available on request.

Day: Sat 15 Feb, 21 Mar, 18 Apr, 16 May, 20 Jun 10:00am - 3:00pm
Cost: \$7 per session

Social Groups

Book Club

Have you read a fantastic book and longed for someone to talk to about it? Well here's your chance! Our facilitator will provide you with a book chosen by the group.

Day: 1st Thursday of the month 1pm - 3pm

Cost: \$10 annual joining fee & \$4.00 per session



500 Card Club

Learn to play whilst enjoying the company of a friendly and social group which welcomes new members.

Day: Friday 12:30pm - 3:30pm Cost: \$4 per session

Disability Peer Action Group

Our inclusive VALID Peer Action Group meets monthly, creating opportunities for self-advocacy for people with disabilities in our community.

Day: 4th Monday of the month 1pm - 3pm Cost: FREE

Get Smart (phones and devices)

Friendly and welcoming environment to learn and share tips on using smartphones, iPads and tablets.

Day: Tuesday 1pm - 3pm Cost: FREE

Friendship Group

Meet and chat over morning tea. Make supportive new friends with similar interests. Friendship, mutual support and regular outings.

Day: Tuesday 9:30am - 12pm Cost: \$4 per session

I Am

A welcoming place for women to socialise and connect. Gain improved self-confidence through establishing social connections in our local community.

Day: Friday 10am - 12pm Cost: Gold coin

Men's Breakfast

Relax, chat and share in breakfast in a friendly social group atmosphere. The group meets at a local cafe. Call us for details.

Day: 4th Saturday of the month 8am

Men's Coffee Group

A friendly and welcoming group for a coffee at a local cafe. Call us for details.

Day: 2nd Thursday of the month 10am

Social Groups

OM:NI Men's Discussion Group

A place for older men to meet others for friendship and belonging. Share experience and wisdom in a non-judgemental environment. Build self-esteem, health and wellbeing.

Day: 2nd & 4th Thursday of the month 1:00pm - 3:00pm

Cost: \$5 per session



Parent's Group

Come and meet other local parents and their children. The group uses the playground and park for activities.

Day: Monday 10pm - 12pm Cost: \$5 per session

Scrabble - Competitive

Be stimulated, learn new words and make new friends. Beginners welcome.

Day: Tuesday 12:30pm - 4pm Cost: \$5 per session

Scrabble - Social

Come and learn how to play scrabble and play a social fun game in a friendly and sociable atmosphere.

All newcomers welcome.

Day: Wednesday 12pm - 3pm Cost: \$4.50 per session

See Me Circle

See Me Circle is a place for Mums to gather in circle and get support through sharing their motherhood challenges, listening to each other and reflecting.

This is a judgment free zone where everyone gets to be seen and heard and healing change can begin.

Day: Sat 8 Feb, 14 Mar, 18 Apr, 16 May, 13 June

10am – 11.30am Cost: \$15 per session

Social Art Group

Put time aside and get together with other creative people to work on your art. Support and learn from each other as well as make new friends with similar interests.

Day: Monday 1pm - 3pm Cost: \$5 per session

Walking Group

Make new friends while keeping active and healthy.

Day: Monday 10am - 10:45am Cost: \$10 per term