

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.

Our rates are reasonable and flexible. Drop by to inspect or call us for details. If you are interested, please book in early.

Everyone is welcome.
Drop by soon!



TERM 1 2021
January 28 - April 1, 2021

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

To ensure that we keep all of our Staff, Volunteers and clients safe during the COVID-19 pandemic we must insist that all persons attending the House strictly observe social distancing rules and other measures directed by Local, State and Federal Governments, most importantly,

**IF YOU DO NOT FEEL WELL
PLEASE DO NOT ATTEND THE HOUSE.**

Facebook - [@OrwilStreetCommunityHouseInc@orwilst](https://www.facebook.com/OrwilStreetCommunityHouseInc)
Instagram - [@OrwilStreetCommunityHouseInc@orwilst](https://www.instagram.com/OrwilStreetCommunityHouseInc)
Twitter - [@OrwilStreetCommunityHouseInc@orwilst](https://twitter.com/OrwilStreetCommunityHouseInc)

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

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. Bookings Essential

Cost: 15.00 a session or receive a discount if you pay by term.

Facilitator: Lisa Apeltauer

POP-ALONG PLAYGROUP and YOUNG MUMS PLAY AND LEARN

We are combining our playgroup and Young Mums Play and Learn group for Term 1.

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!

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: \$3.00

We said a sad farewell to Melissa and we welcome on board our new

Facilitator: Chantel Allen



IMAGES of MANHOOD - MEN'S GROUP

A support and information group for men examining their role and common problems men face in 2021.

Come and share your experiences in a supportive, relaxed environment.

7.00pm - 9.00pm. Cost: \$2.00 donation. Bookings Essential

- NOTES -

We are very excited to announce that our much "dreamed about" renovations have been completed. I would personally like to thank everyone for being patient during our closure, firstly due to the renovations then the COVID 19 Pandemic which kept us closed.

Looking forward to introducing you to our new Coordinator and welcoming you back into our wonderful new premises.

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 (BIGGER & BETTER)



16 Orwil Street Frankston 3199

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
3rd Wednesday of every month. 1.00pm - 3.00pm. Bookings essential.
For appointments or further enquiries phone Judy on 0407 328 201
Cost: \$30.00 for half hour session. (Concession \$25.00).

PERSONAL TRAINING at Orwil Street

If you have always wanted to hire a personal trainer, go no further than stopping at our friendly and inclusive Community House where we have our own in house Personal Trainer!

Katya offers one on one or small groups sessions covering a wide range of training depending on your needs and goals...On a budget?

See what we can arrange for you as we always have specials of some kind.
Contact Katya on 0407 391 822 for more information and bookings.

CLINICAL HYPNOSIS ENERGY HEALING

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

Karl Two Eagles, Hypnotherapist

TUESDAY

MEDITATION

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

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

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: \$5.00 a session. Bookings Essential
Facilitator: Sandra Garnier

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 dance 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

CARD MAKING

Come 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 the Month. 1.00pm - 3.00pm.

Cost: \$20.00 a session. All materials are supplied. Bookings Essential

Facilitator: Val Wooding

OFFICE BASICS

This course will suit anyone entering a work environment in which computer programs are required, 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 8 weeks

Facilitator: Ava Whetton

DIDS (DADS IN DISTRESS) Parents Beyond Breakup

We are a peer, support group that deals with family and/or partner separation. Parents Beyond Breakup are a safe and non-judgemental place where you can come talk and share your issues and experiences such as marriage break up, access to children or loved one's).

One of the most common things people say to us is how surprised they are that there are so many others going through the same thing. Sadly, it is a fact.

Reach out to us and come meet others in "the same boat" - you will be surprised just how much they can help you, and you them.

Meets every Wednesday evening at 7.30pm.

For more information and support ring 1300 853 437

For further enquiries ring 9208 0800 or free call 1800 353 669

COMMUNITY GROUPS

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 Chacez and Steven Maddon

FRANKSTON BIPOLAR SUPPORT GROUP

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

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

Meets 4th Monday evening 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 0401 033 120

Enquiries: Bipolar Life Victoria admin@bipolarlife.org.au

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 info or to book for the Program or Assessment**

Contact: Paul Kaldawi 0401 684 875

Participants can book on line at www.accreditedprograms.com.au

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.

COMMUNITY GROUPS

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.

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

SPECIAL OLYMPICS

Fund raising group for athletes with disabilities.

Meets (monthly) every 3rd Tuesday evening at 7.30pm.

For further enquiries contact Tina Naughton 9789 8682

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

THURSDAY

MINDFUL MOVEMENT FITNESS CLASS

In this exercise class you will activate body movement through all joints, allowing for use of the main muscles responsible for your everyday mobility, thus increasing strength, balance and flexibility no matter the stage in life. Your facilitator has many years of international experience in working with all age groups including injuries, the older population, arthritis and osteoporosis, myofascial release, ante/postnatal, exercise for mental health to name a few. Groups are kept small for individual support so call to book your place please. **10.00am - 11.00am. Cost: \$13.00 each 60 minute class. Bookings Essential**
Facilitator: Katya Davis. For information contact Katya on 0407 391 822
Katya is a Member of ANHCA and IICT ; holds First Aid and CPR qualifications with Required Insurance.

JOCKS SINGALONG

Come along for a fun morning, singing some of your favourite songs while socialising in a safe and happy environment. Forget all your troubles for a few hours and feel the benefits of singing with like-minded people.

People of all ages most welcome!

Thursdays 11.00am - 12.30pm. Cost: gold coin donation.

Bookings Essential

Facilitator: John Deans

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. Bookings Essential

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

FRIDAY

COMPUTERS

Individual learning. Small group sessions. There are important steps to take to enable confidence in taking control of the computer, keyboard, 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 8 weeks.

Facilitator: Ava Whetton

ADAPTIVE YOGA

What is this? I hear you ask..... It is just as the name sounds . It is a full yoga class except this class contains NO standing at all. So if you are restricted to a wheelchair or don't feel comfortable doing standing poses, then this is the class for you. Lisa has been running similar classes for 3 years now and would love you to join in.

11.00am - 12.00pm. Bookings Essential.

Cost: \$15.00 a session or receive a discount if you pay by term.

Facilitator: Lisa Apeltauer

Daughters of Eve (DOE) Women's Friendship Network

Connect with newly arrived women (Asylum Seekers, Refugees, Migrants and International students from different cultural backgrounds.)

We welcome all to have a cuppa and share a friendly conversation.

Participate in arts, crafts, meditation, dance and music workshops. Express your inner creativity, share knowledge and make new friends. Discuss women's health issues; ask questions of your own. Participate in self-development activities. Learn about other cultures, share skills, experiences and information. Enhance your English skills.

"Meet, Greet, Create and Celebrate"

Every Friday 10.00am - 12.00pm Cost: Donation

Contact: Sarita: 0419 117 068 or Susan: 0415 106 152

Find us on Facebook: Daughters of Eve (DOE)

Email: daughtersofeve18@gmail.com

COUNSELLING SERVICES

INTRODUCING OUR COUNSELLORS

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.

Sandra has completed 8 full time years post year 12 study which includes a Bachelor Degree of Social Science (Pastoral Counselling), (plus one year (3rd year) of a Social Work degree, plus a Diploma/of Arts Therapy (total of 4 years of Art Therapy qualifications.

Sandra also facilitates our: RED Group (Women's Support Group).

SANDRA WILSON

Sandra is a Counsellor, Wellbeing Facilitator 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 in their lives. She is creative in her approach assisting her clients to empower themselves. It is her privilege to hold space through listening and supporting them through life transitions.

Sandra holds a Bachelor of Arts (Humanities and Social Sciences), Diplomas of Counselling and Family Intake Support Work and is an ACCA Supervisor. She is a member of the Australian Community Counselling Association.

Sandra also facilitates the Steps to Wholeness Group.

RUNA EILERTSEN

Runa is an experienced NLP Life Coach, NLP Practitioner and Counsellor, providing person centred, evidence-based psychotherapy and support to individuals experiencing mental health and/or wellbeing issues and concerns. Her main aim is to facilitate a safe, confidential and judgment free space for individuals to explore and solve key life problems and challenges.

Runa is skilled in: Mental Health, Neuro Linguistic Programming / NLP Timeline Therapy/Hypnosis, and Mindset, Mindfulness and Self Care.

Runa is warm, compassionate and friendly. She passionately enjoys working with individuals on a one to one basis.

Runa is a registered NLP Practitioner and Life Coach, Hypnotherapist and Timeline Therapist and holds a Diploma of Counselling. She is a registered member of ABNLP, ABH and TLTA

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.

COUNSELLING FEE POLICY

In keeping with current trends, and to ensure we give the best service to you, our policy for counselling is as follows:

For the first visit a fee of \$40.00 is required.
For all following visits the fee will be \$30.00 per session.
Couple counselling \$50.00 per session.

If cancelling your appointment, 24 hours notice of cancellation must be given, otherwise a fee will be charged.

If you are a new client you may reschedule your first appointment twice giving the 24 hours notice.

If this condition is not met, you will be asked to pay a booking fee of \$40.00 before making any further appointments.

At the first visit you will be given a copy of our policy and will be asked to pay your fees before you commence your appointment.

Cases of genuine hardship will be treated with concern, as it is not our intention to exclude anybody in need.
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.

The Community House also offers a variety of Support Groups, Health and Wellbeing Classes and Social Groups.

Please ring the House for bookings or more information.

*"Courage doesn't happen when you have all the answers.
It happens when you are ready to face the questions you have been avoiding your whole life" Shannon L. Alder*

FRIDAY

COMPUTERS - THE NEXT STEP

For those who feel they already have some computer knowledge and would like help in advancing - perhaps in preparing for work or certificate courses.
12.30pm - 2.30pm. Cost: \$80.00 for 8 weeks.
Facilitator: Ava Whetton

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 - 2.00pm. Cost: \$10.00 per session. Bookings Essential
Facilitator: Sandra Wilson,
Sandra is a Counsellor and Expressive Dance Therapist.
For enquiries ring Sandra 0439 619 203

MINDFULNESS

We will look at how we can use mindfulness to regain life balance and 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.
1.30pm - 2.30pm. Cost: \$5.00 a class . Bookings Essential
Facilitator: Shekhar Kamat, 30 years of Meditation experience.

SATURDAY

PHONES AND TABLETS

Bring your iPad, iPhones, Android tablets & Phones to learn how to best make use of 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 for 6 weeks.

Bookings required.

Facilitator: Ava Whetton

WOMEN'S TRANSFORMATIONAL and SELF CARE 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. Bookings essential.

10.00am - 12.30pm. Cost: \$45.00 (full) \$35.00 (Concession) a session.

Date: Please ring the House for more information.

Facilitator: Sandra Wilson, Counsellor and Expressive Dance and Movement Therapist. For information ring Sandra on 0439 619 203.

HEART AND HARPS

This Heart and Harp session explores the theme 'Home is where the Heart is'. In our fast paced and rapidly changing modern-world, our home plays an important role in allowing us to rest and replenish from the demands of the outside world. This session includes simple Feng Shui tips to support you and your family in your home. A heart-based meditation with Celtic harp and sacred chant is included. Come and join in an interesting afternoon of story, music, mediation and Feng Shui concepts. Light refreshment and cuppa provided. **Date: March 13 . Bookings Essential**

1.00pm - 3.00pm Cost: \$30.00 a session (Concession \$25.00)

Facilitator Jacqui has studied Traditional Feng Shui at the Australian Academy of Feng Shui, Chinese Astrology and I Ching in Melbourne and with Chinese Feng Shui Master Edgar Lok Tin.

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!

Monday afternoons 1.00pm - 2.30pm Cost: \$3.00 a session.

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: \$3.00 donation.



RAPPELKISTE FRANKSTON

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.

Facilitator: Gine Blombery (German Kindergarten teacher)