

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.

Drop by soon!

More information is available via our...

Website: www.orwilst.org.au

Facebook- OrwilStreetCommunityHouseInc@orwilst

Instagram - OrwilStreetCommunityHouseInc@orwilst

Twitter - OrwilStreetCommunityHouseInc@orwilst



TERM 3
July 12 - September 17
2021



CONTACT US Monday to Friday 9.00am - 3.00pm

16 Orwil Street, Frankston, VIC 3199

Phone: 03 9783 5073 Email: info@orwilst.org.au

Reg. A0004583 ABN 27 480 740 168

To ensure that we keep all our Staff, volunteers and participants safe during the COVID-19 pandemic we must insist that all persons attending the House strictly observe social distancing rules and other measures as directed by Local, State and Federal Governments, thank you.

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



*We gratefully acknowledge financial support from the
Victoria State Government,
Department of Families, Fairness and
Housing and Frankston City Council.*



MONDAY

SUPPORTED PLAYGROUP

Supported Playgroups are a safe and friendly place for you and your child to have fun while receiving parenting tips and support. Sessions are run by qualified early years professionals and are free to attend. **10am -12pm An eligibility criteria applies.**
Please contact Mandy at FCC on 9293 7156

POP-ALONG PLAYGROUP and YOUNG MUMS PLAY AND LEARN

We are combining our playgroup and Young Mums Play and Learn group for Term 3. 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! 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.
1.00pm - 2.30pm. Cost: \$3.00 Facilitator: Chantel Allen

IMAGES OF MANHOOD - Men's Support 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: \$3.00. Bookings Essential
Facilitator: Bernie

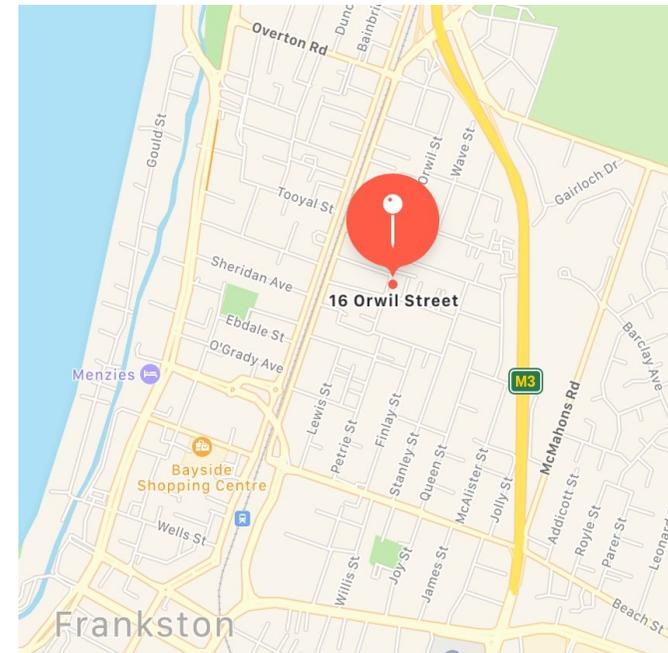
WHERE TO FIND US

Feedback is always welcome!

The house welcomes feedback about our activities, services and supports. Please feel free to talk to our Manager Karen Vanderkaay or a member of our Committee of Management.

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

ROOM HIRE

Are you looking for a welcoming space to run a group or hold a meeting?

Orwil Street Community House has a variety of rooms for hire, at affordable rates to suit different needs.

Please give us a call to see how we might be able to help you.

Call Karen Vanderkaay House Manager on 9783 5073



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 per 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.

10.45am - 12.45pm. Cost: \$2.00. 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 per 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: \$8.00 per class

Facilitator: Amanda Neville

WEDNESDAY

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 9.30am - 11.00am (1-3 years) 11.15am-12.45pm (4+)**
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)

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 per session. All materials are supplied. Bookings Essential Facilitator: Val Wooding**

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 has a Diploma in Reflexology, Member of RAOA 3rd Wednesday of every month from 1.00pm - 3.00pm. Bookings essential. Cost: \$35.00 (Concession \$30.00)**

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 Chaucer and Steven Madden

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. **Currently meeting online**

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.

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

FRANKSTON FAMILY CARER SUPPORT GROUP

This group is for any family member providing unpaid care to a family member with an aged related illness or someone with a disability. Gain support, friendship and information.

This group meet on the second Wednesday of the month 10.00am - 12.00pm. 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 more information please call Thomas Davenport 0428 311 311

WEDNESDAY

NEW ESSENTIAL OILS EDUCATION with Sarah

Women's Wellbeing Oils Workshop

Learn how to use doTERRA Essential Oils to support Women's Health and Wellbeing. **Wednesday 21st July 7pm**

Cost \$10. Bookings Essential

Sleep Oil Workshop

Learn how to use doTERRA Essential Oils to improve your sleep.

Wednesday 18th August 7pm Cost \$10. Bookings Essential

DIY Toxic free Cleaning Workshop

Learn how to use doTERRA Essential Oils for Toxic Free Cleaning.

Wednesday 15th September 7pm Cost \$10. Bookings Essential

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. 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.

7.30pm Weekly

For more information and support ring 1300 853 437

THURSDAY

MINDFUL MOVEMENT CHAIR EXERCISE

This chair exercise promotes gradual, controlled, mindful movement with an emphasis on appropriate breathing technique working through mobility, strength, balance, coordination and overall flexibility. Katya has many years of international experience with specialised qualifications in working with people over 50, Stress Management, Exercise for Mental Health, Injury Recovery, Pre and Post-Natal and more.

10am -11.00am. Cost: \$13.00 per class. Bookings Essential. Facilitator: Katya. For more information please contact Katya on 0407 391 822

JOCK'S 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!

11.30am-12.30pm. Cost: \$3.00 Bookings Essential. Facilitator: JAXX

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. **1.00pm - 3.00pm. Cost: \$5.00 a session. Bookings Essential. Facilitator: Sandra Wilson holds a BA in Humanities and Social Sciences, Diplomas in Counselling and Family Intake Support.**

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

NOTE: Fees have increased slightly this term to cover house costs

Orwil street Community House is committed to providing quality counselling services at reduced rates. Cases of genuine hardship will be treated with concern, as it is not our intention to exclude anybody in need.

For the first visit a fee of \$50.00 is required.

For all following visits the fee will be \$40.00 per session.

Couple counselling \$60.00 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 \$50.00 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.

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

ROVING REFILLS

Andrea will be visiting Orwil Street Community House again on **Tuesday the 20th of July and Thursday the 26th of August** Eco-friendly detergent refills - BYO containers. Helping to save the planet one refill at a time.

10am - 12pm Price list available online.

Email: rovingrefillsfrankston@gmail.com

Facilitator: Andrea Dunkley



NEW - BeConnected IT Classes for people 50 years and over

This class will run for 8 weeks, covering a different topic each week. Book for one or come for all! Learning will include Accessing MyGov; Accessing My Age Care; Safety online and Online Shopping; An introduction to the NBN; How to set up a FaceBook Account? Family History research; Using Email; Using Online Forms and using Search Engines.

*** Conditions Apply - Bookings Essential 12.30pm - 2.30pm.**

Cost: FREE for people 50 years and over 8 weeks. Date: TBC

Facilitator: Ava Whetton

FRIDAY

NEW - WALKING TO WELLNESS

This weekly exercise and nutrition workshop will run from the second half of Term 3. This walking and stretching class is structured to promote the correct posture, walking technique and encourage efficient breathing. Walking is easy and gentle on the joints and has many health benefits. These weekly sessions will run in the community house and utilise the local community streets and the park next door to the centre to walk and talk about healthy eating and nutrition. **Starts on the 23rd of July 9.00am - 10.30am. Cost: FREE Bookings Essential. Facilitator: Katya.**

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: \$13.00 per session. Bookings Essential
Facilitator: Sandra Wilson, Sandra is a Counsellor and Expressive Dance Therapist. For enquiries ring Sandra 0439 619 203

WOMEN'S SHED

Ever wanted to know how to change a washer in a leaking tap? Maybe you need to replace a door knob or you'd like to create a garden bed from recycled materials? Well why not come along to this great new group and learn some basic home maintenance skills from our wonderful volunteer Joe. **10am - 11.30am. Cost: \$5.00 per session (plus extra for materials if needed) Bookings Essential Facilitators: Joe & Karen**

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 per class . Bookings Essential
Facilitator: Shekhar Kamat, 30 years of Meditation experience.

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 per 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?

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

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 9.30am - 11.00am (1-3 years) 11.15am-12.45pm (4+)
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)

Do you have an idea for a program?



Orwil Street Community House is **YOUR** Community House and we'd like to know what programs, activities and supports you would like to see run from the House. Please tell us your ideas and suggestions.

Everyone is welcome!

SATURDAY

NEW - BeConnected PHONES AND TABLETS Class for people 50+

Bring your iPad, iPhones, Android tablets & Phones to learn how 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. ***Conditions Apply 9.30am - 11.30am Cost: FREE for people 50 years and over 6 weeks. Bookings essential. Date: TBC Facilitator: Ava Whetton**

WOMENS TRANSFORMATIONAL and SELF CARE DANCE

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

NEW - THE SEASONAL COOK UP

This Wonderful new cooking program is the joint creation of Gwen and Marten, Neighbours to Orwil Street Community House. Marten is a Chef with a keen interest in teaching people how to cook delicious, healthy meals on a budget. The program will be run in a local commercial kitchen and each participant will have a meal to take home with them. Marten is open to hearing people's ideas, so when booking please be sure to tell us what you'd like to learn to cook.

Limit of 5 participants for this program. Bookings essential. Dates: 1pm - 3pm on the 17th of July and the 14th of August . Cost: \$10.00 per session. Facilitator: Marten

SATURDAY

NEW FENG SHUI BASICS

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. Come and join in an interesting afternoon of Feng Shui concepts.

Date: 21st August 1- 3pm
Cost: \$30.00 (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.



NEW INTRODUCTION TO QIGONG

Learn some basic OpenSky Qigong practices to consciously balance your body, mind and emotions. Gentle movements, relaxation techniques and meditation to nourish your well-being will be shared in these nourishing sessions.

Starting 7th August for 6 weeks 10.15am – 11.15am Cost: \$10 per session or \$5 Concession. Bookings Essential. BYO yoga mat, pillow and water bottle. Facilitator: Jacqui

ADDITIONAL SERVICES

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**