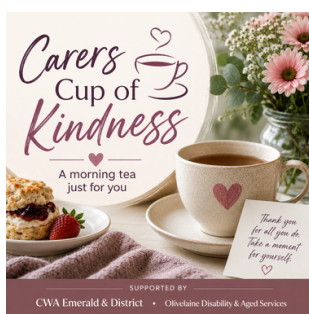




TERM 4 PROGRAM - Mon 5 Oct to Fri 18 Dec



Phone: 5968 9031 Email: hello@cchouse.org.au Web: cchouse.org.au

Our Sites: CCC Cockatoo Community Complex - 79 Pakenham Rd, Cockatoo & The BASE - 7 McBride St, Cockatoo



Funded Programs



Windana provides a range of government-funded Learn Local courses designed to help you build skills, confidence and pathways to further education or employment.

These following programs enable us to offer these at low or no cost to eligible Victorian adults. REGISTRATION IS REQUIRED. Please contact us to see if you qualify at acfe@windana.org.au or call us.

Intermediate Art Skills - FREE

Designed for adults with some existing art experience, this class offers more challenging projects that encourage learners to refine their artistic techniques, expand their creative practice and continue developing transferable skills through project-based learning in a supportive environment. **Mondays 9:30am to 12:00pm. Oct 5 - 14 Dec CCC Site**

Introduction to Art - FREE

Designed for adults with some existing art experience, this class offers more challenging projects that encourage learners to refine their artistic techniques, expand their creative practice and continue developing transferable skills through project-based learning in a supportive environment. **Mondays 1:00pm to 3:00pm. Oct 5 - 14 Dec CCC Site**

Education

Stem Class - FOR THE LOVE OF SCIENCE

Science that sticks. Hands-on sessions for kids aged 5-15 years, where kids ask the questions, run the experiments, and work things out for themselves. Aimed at homeschooling families. Run by people who love this stuff and know how to make it land for young brains. **Tuesdays 9:30am to 10:30am CCC Site**
Enquiries - [0405 776 038](tel:0405776038) www.fortheloveofscience.com.au

Adults & Children's Dance Classes - FOR THE LOVE OF DANCE

Dance classes for kids and adults built around belonging. Classes five days a week. Variety of fun and engaging classes, Monday to Saturday. See our Program on the back page for types of classes, days & times.
Enquiries - [0405 776 038](tel:0405776038) www.fortheloveofdance.com.au CCC Site

First Aid Level 2 plus CPR Refresher - HLTAID011

Designed for fast, flexible learning, this program combines two convenient online pre-course theory modules with a streamlined 3.5-hour face-to-face practical session, including a complete CPR update (or a 90-minute refresher option for CPR-only students \$60pp). \$120pp. **Register by 30th Sep. 10:30am Sat 17 October. The BASE Site. 50% subsidy for volunteers in Cardinia**

Food Safety

This food handling course, also more commonly known as a food safety handler course, provides participants with basic cleaning and hygiene knowledge, skills, principles, practices and procedures. Price is determined by number of participants. E.g.10 people costs \$115pp. **Register by 21st Sep. 10:00am to 4:00pm Sat 10 October. The BASE Site. 50% subsidy for volunteers in Cardinia**

Responsible Service of Alcohol - RSA

Kickstart your hospitality career and gain the essential skills needed to work in bars, restaurants, venues, and retail liquor stores with an accredited Responsible Serving of Alcohol (RSA) course. \$99 pp **Register by 1st Oct. 10:30am to 4:30pm Fri 23rd October. The BASE Site. 50% subsidy for volunteers in Cardinia**

Coffee, Chat & Click Digital Skills for Over 50's FREE

Whether you're new to technology or simply want to feel more confident using your smartphone or tablet, this relaxed and fun workshop will help you get the most from your devices in a supportive environment. Includes a free morning tea, lunch and prizes. Mon 19th Oct. 10:00am to 2:00pm **CCC Site, Over 50's Room**

Wellbeing

Carers Cup of Kindness

As part of Carers Week, we're inviting local carers to enjoy a special morning of connection, delicious morning tea prepared by Emerald & District CWA and a little well-deserved hand massage pampering by Olivleaine Disability & Aged Services. Come along, relax, meet other carers and enjoy some time where you're the one being cared for. **Monday 12th Oct. 10:00am to 12noon. The BASE site.**

Mumabout

Didn't find your village? Come & find it at Mumabout." We are seeking expressions of interest from new mums looking to connect. Mumabout welcomes new mums, have recently moved to the area, missed out on a mother's group, didn't connect with their original group, are having another baby and want new connections, or simply feel isolated. Phone, email or register online.

The Internal Anchor Journey with Brooke Pearce

Let the woman deep within be the woman who lives your everyday life. You don't need another version of yourself to become... the woman who knows what she needs, what she believes, what she desires and the life she wants to create is already within you. She is you. This immersive embodiment experience is an opportunity to let her take her rightful place in your womb, your heart and your mind. **Sunday 1st Nov 11:am to 3:00pm. The BASE site.**

Aged Care Information Session by Olivleaine Disability & Aged Services

This free no obligation service is aimed to help carers and those seeking Aged Care support or already receiving benefits. We'll help you to navigate MyAged Care processes and assessment criteria. **Monday 9th Nov 10:00am to 12:00noon.**

Heart Foundation Walking Group

Join this friendly group that walk Mon thru Thu from 9:00am to 10:am. The group mainly walk in Wright Forest and meet at carpark on Bailey Road (opposite Second Ave.). **Email Mary Jane at mjtkirby@bigpond.net.au**

Digital Skills & Media

Podcasting workshops Expression of Interest for 2027

We are seeking EOI's from people and businesses interested in producing podcasts covering storytelling, interviewing and content creation, recording, editing, publishing & video. Phone, email or register online.

Art

Art with Sharlala - Expression of Interest

We are seeking EOI's from people interested in a Lino Block Printing course and and clothing upcycling workshops with Sharlala, a qualified and professional art with more than 30 years experience. Phone, email or register online.

Kids Fun

Make a Christmas Dome

Children aged 7+ get creative this Christmas making your own Christmas Dome creation using colourful beads & sequins. Gold coin donation.

Tue 24th Nov. 4:00pm to 6:pm - Th BASE site.

Hills Community Gardens

Join us for our Community Garden Relaunch & Wicking Bed Making Workshop facilitated by Dave Key, Key Permaculture. Come along and help breathe new life into Hills Community Gardens at its new home at The BASE, Cockatoo.

Learn how to build a water-efficient wicking bed, meet other local gardeners and help us begin creating a productive, welcoming community garden for everyone.

Saturday 3rd October 10am-2pm. The BASE site.

Social

Sing for Fun - Lyrebirds Community Choir

Enquiries 0412 715 031, Mon, 7:15pm - 9:00pm. thelyrebirdschoir@gmail.com

Tuesday Craft Group

Bring along what you're working on and enjoy a chat and a Cuppa while you make. Enquiries - 5968 9031 The BASE site.

Knit a Bit, Stitch a Bit

Meeting once a month on the second Saturday.

Bring along what you're working on. Enquiries-0400 034 470. The BASE site.

Line Dancing with Kathy

Enjoy fun, laughter, music and exercise all rolled into one. Tuesdays 10:00am to 12:00pm. Enquiries - Kathy 0450 694 729 / kathyandtess@gmail.com CCC site.

Dandenong Ranges Emergency Relief

Need help to pay bills or buy food? Drop off wash & dry. Our service is confidential, non-judgemental and free! Ranges Emergency Relief is a part of Dandenong Ranges Emergency Relief Service, located at The BASE Thursday & Friday between 9:00am & 12:30pm.

Call 9754 7777 or email enquire@drers.org.au to make an appointment.

Food is Free Pantry

Our Food is Free Pantry is located at The BASE and free for anyone to access as needed. We are humbly accepting food or monetary donations to keep the pantry well stocked.

Mind Australia

Mental Health & Wellbeing Local

Free support for people aged 26 years & over. No referral required. 5929 2600

Freecall 1800 332 501

CardiniaLocal@mindaustralia.org.au

At The BASE Mondays, Wednesdays & Fridays.

Cockatoo Recovery Group (AA)

Meeting every Monday night. In person - Daily reflections.

Enquiries- Richard 0427 700 816

Olivelaine Disability & Aged Services

Providing NDIS, nursing, aged care, home care, personal care, social & community support, home maintenance and gardening. **Contact Melissa 0472 900 012**

Cockatoo Over 50's

Providing a safe & welcoming safe, friendly & welcoming environment to meet & enjoy the company of others through participating in activities of their choosing.

Enquiries: Dot 0400 079 197

Mind Cafe

Supported by Smartlife, enjoy a coffee and a wellbeing chat with final year students undertaking their degree in social welfare.

Emerald & District Lions Club

The Lions Club International Emerald and District Branch is a dedicated group of volunteers committed to serving the local community and beyond. Join us in strengthening our community, one act of kindness at a time. Located at The BASE.

Enquiries: Dave 0416 808 807

Hills Arts Alliance

The Hills Arts Alliance connect and support creative workers within the Dandenong and Yarra Ranges to build capacity. Located at The BASE.

Enquiries: Non 0419 345 750

CWA Emerald District

Meet the 3rd Wednesday from 7pm to 9pm. Located at CCC.

Enquiries: Lisa 0414 919 222

TERM 4 PROGRAM AT A GLANCE

Monday

9:30 - 12:00 PM	Intermediate Art Skills - CCC Site
10:00 - 12:00 PM	Carers Cup of Kindess - Mon 12th Oct - The BASE Site
10:00 - 12:00 PM	Aged Care Info Session Mon 9th Nov - The BASE Site
10:00 - 2:00 PM	Coffee, Chat & Click Digital Skills - Mon 19th Oct - CCC Site
1:00 - 3:00PM	Introduction to Art - CCC Site
7:15 - 9:00PM	Lyrebirds Sing for Fun - St Lukes Church
7:00 - 8:30PM	Cockatoo Recovery Group AA

Tuesday

10:00 - 12:00PM	Line Dancing with Kathy - CCC Site
10:00 - 12:00PM	Craft Group - The BASE Site
4:00 - 6:00 PM	Kids Make a Christmas Dome - Tue 24 th Nov - BASE Site
7:15 - 7.55PM	Glowfit - CCC Site
8:00 - 8:40PM	Ballet - CCC Site
8:45 - 9:25PM	Burlesque - CCC Site

Wednesday

9:30 - 10:00AM	Tiny Groovers (18 months +) - CCC Site
10:00 -10:30AM	ACRO (2-5 Years) - CCC Site
10:30-11:10AM	Jazz & Ballet (2-5 Years) - CCC Site

Thursday

9:30 - 10:30AM	STEM - CCC Site
11:00 - 11:40AM	Jazz & Ballet (2-5 years) - CCC Site

Friday

9:30 - 10:00AM	Tiny Groovers (18Months+) - CCC Site
10:00 - 10:30AM	ACRO (2-5 Years) - CCC Site
10:30 - 11:10 AM	Jazz & Ballet (2-5 Years) - CCC Site

Saturday

09:30 - 10:10AM	Jazz & Ballet (2-5Years) - CCC Site
10:00 - 2:00 PM	Wicking Bed Workshop Sat 3 rd Oct - The BASE Site
10:00 - 4:00 PM	Food Safety Sat 10 th Oct - The BASE Site
10:00 - 2:00 PM	First Aid Levl 2 + CPR Refresher Sat 17 th Oct - BASE Site
10:10 - 10:40AM	ACRO (2-5 Years) - CCC Site
10:45 - 4:15PM	Knit a bit, Stich - The BASE Site

Sunday

11:00 - 3:00PM	Internal Anchor Journey Sun 1 st Nov - The BASE Site
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Volunteer

Join our friendly team,
meet new people,
share/or learn new
skills.

Photocopying & Other Services

Photocopying, A4/A3 B&W, Colour, Booklet Printing,
Laminating, Wirobinding, Guillotining - at The BASE site.