

## Group Work

Each school term we offer a variety of group programs for health, wellbeing and leisure (e.g. Yoga, Tai Chi, Arts & Crafts).

All groups are free, however we welcome gold coin donations to help us cover costs.

Bookings for groups are essential, please call in to the centre or phone for a term program. You cannot bring children to groups.

The groups are colour coded - blue, green, red and orange.....

Blue Groups - usually run for the whole term - you are only able to book 1 blue group but you can also put your name down on one 2nd choice blue group and if a space is available we will contact you.

Purple Groups - for specific participants only

Red Groups - these groups are unlimited. You can do as many as you want.

Orange Groups - are open groups and you do not need to book

Bookings for Term 4, 2018 Open Monday 15th October at 10am

Some of our groups are held at the Mt Druitt Community HUB

MONDAY:-

BLUE GROUPS

Art @ Mt Druitt

Learn drawing and painting techniques and then use your own skills to create your own art work on canvas. The teacher will be Barbara.

9:30am-12:30pm

22nd October - 10th December

Computers @ Mt Druitt Library

Would you like to increase your skills and confidence on the computer? This group will help you increase your Word Processing, Internet and Basic Computer skills. If you are new to computers you can still attend and our teacher will get you up to speed in no time. This group is facilitated by Mt Druitt TAFE Outreach and held in the library computer rooms, ground floor, Mt Druitt Hub. Free depending on personal circumstances.

9.30am - 12.30pm

22nd October - 10th December

## ORANGE GROUPS

Dance, Stretch and Tone @ Mt Druitt HUB

30 Minutes of gentle stretching and toning exercises followed by 30 minutes of dancing for fun. Suitable for all levels of fitness. Bring a towel and water and wear clothes suitable for dancing. This is a great workout, so dress in layers to stay fresh. Bring your own yoga mat or use one of ours. The teacher will be Jrisi.

10.00am - 11.00am

22nd October - 10th December

TUESDAY:-

## BLUE GROUPS

Card Making @ Mt Druitt

A card made by you is something special. With Christmas coming up you can impress your family and friends with cards

made by yourself. You just need your imagination & enthusiasm. All materials and tools will be provided. The teacher will be Beth.

YOU CAN ONLY BOOK INTO ONE SESSION

9:30am-12:30pm

Session 1 - 30th October & 6th November

Session 2 - 13th November & 20th November

Goal Setting @ Mt Druitt

Robyn Atkins lived in Whalan for a few years till her marriage dissolved. She rented privately then moved into public housing in Lethbridge Park. On her 25th birthday she felt her world was not what she wanted. Friends gave her birthday gift that changed her her thinking, then her life. Robyn will share that gift with you.

12.30am - 2.30pm

30th October, 6th November & 11th December

## ORANGE GROUPS

### Meditation @ Mt Druitt HUB

This meditation /relaxation class is focused on practising meditation using a guided imagery to relax the mind, body and spirit. We also focus on personal growth, facilitated by affirmations and open discussions. The teacher will be Bernadette....

10.00am - 11.30am

23rd October - 11th December

### Dance Around The World @ Mt Druitt HUB

(IN PARTNERSHIP WITH RECLINK AUSTRALIA )

Free beginner dance classes for women. No previous experience necessary and all skill and abilities welcome. The Teacher will be Jrisi

11.30am - 12.30pm

16th October - 19th December

## Belly/Bolly Fusion @ Mt Druitt HUB

This class combines Bollywood dance basics with Belly dance general technique. A perfect class for women looking for a mix of fun dance styles that will also give you a taste of two different cultures. This is a great workout which is gentle on the body. The teacher will be Jrisi.

1.00pm - 2.00pm

23rd October - 11th December

WEDNESDAY:-

BLUE GROUPS

## Seams Sew Easy @ Mt Druitt

Designed for the novice or those who would like to extend their sewing skills. Learn different basic techniques of construction on a sewing machine and some hand sewing. Bring your own machine or use ours. . Bring your own fabric or use ours.The teacher will be Margot.

12.30pm - 2.30pm

24th October - 12th December

## ORANGE GROUPS

Tai Chi @ Mt Druitt HUB

(IN PARTNERSHIP WITH RECLINK AUSTRALIA )

Consists of slow gentle movements that are natural, safe and suitable for all. Flat shoes and loose & comfortable clothing is recommended. Take the opportunity to relax, breathe and have fun. The teacher will be Mark.....

1.30pm - 2.30pm

24th October - 12th December

## RED GROUPS

Journey to Freedom @ Mt Druitt

Are you a woman who has left Domestic Violence? This group provides a safe place for you to share your experience. As we journey together we will explore the strengths that have gotten you to this point, the challenges you now face and your hopes and dreams for the future and some tools to get there. Call Anuna on 9677 1962 to find out if this group is right for you.....

10.00am - 12.00noon

24th October - 12th December

THURSDAY:-

## BLUE GROUPS

Yoga @ Mt Druitt HUB

Relax and meditate while doing gentle exercise. Must be mobile and able to get down and up from the floor. Check with your doctor if you have any existing injuries. Bring your own yoga mat or use one of ours. Bring a towel and water and wear comfortable clothes. The teacher will be Cathy.

9.30am - 11.00am

25th October - 13th December

## RED GROUPS

Owning Our Own Stories @ Mt Druitt

This group is for women who have endured challenges in life & want to reclaim lost parts of their identity. The goal of owning our story is to rise from our falls & face hurts in a way that brings more wisdom. Experience what it is like to embrace your imperfections. Explore topics such as boundaries, shame, resentment, heartbreak, gratitude & forgiveness so you can use a deeper understanding of your thoughts & feelings to gain new insight into who you are & how to engage with others.....Phone Lisa or Nancy for a pre group interview on 9677 1962...

10.00am - 12.00noon

25th October - 13th December





