

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 2, 2018 Open Monday 30th April 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

7th May-25th June

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

7th May- 25th June

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

7th May- 25th June

TUESDAY:-

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

8th May- 26th June

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

8th May- 26th June

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

9th May- 27th June

ORANGE GROUPS

Tai Chi @ Mt Druitt HUB

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

9th May- 27th June

THURSDAY:-

BLUE GROUPS

Music for Self Expression @ Mission Australia, Mount Druitt

A 5 week introductory workshop for women who would like a chance to express themselves through rhythm and melody. Explore the wonderful way music can help you relax, build self esteem and boost your mood. No music experience or skill required. All instruments supplied by our facilitator, Sydney

11:00am- 1:00pm

7th June- 5th July

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

10th May- 28th June

RED GROUPS

Journey to Freedom @ Mt Druitt

Are you a woman who has left DV? 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.

10.00am - 12.00noon

10th May- 28th June

PURPLE GROUPS

Dari/Farsi Women's Group @ Mt Druitt

A group for Afghani and Iranian Women

This group is for Dari and Farsi speaking women. A 6 week course facilitated by Rabia Azzizi. If childcare is required, you need to inform us at enrolment time for the information needed to organise childcare with Gumnut Grove Occasional Care. Contact Rabia on 0425 363 782 to enrol or WASH House on 9677 1962

9.30am - 12.30pm

3rd May- 7th June

