

## 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 1, 2018 Open Monday 29th January 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.

9.30pm - 12.30pm

5th February to 26th March

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

5th February to 26th March

## 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

5th February to 26th March

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

6th February to 27th March

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

6th February to 27th March

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

7th February to 28th March

## RED GROUPS

Rising Strong @ Mt Druitt

This group is suitable for women who have experienced trauma in any or all of its forms. It is designed to assist participants to uncover their resilience, find self acceptance and live whole hearted lives. Strategies and concepts from Acceptance & Commitment, Art Therapy (the work of Dr Brene Brown) as well as Dialectical Behaviour Therapy will be explored. A pre group interview is required prior to starting this group. Call Nancy or Lisa to register.....

10.00am - 12.00noon

7th February to 28th March

## 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

7th February to 28th March

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

8th February to 29th March

RED GROUPS

Wrapped In Angels @ Mt Druitt

A resilience based group work program created by Mary Jo McVeigh.....This group is a journey of resilience for women who have experienced violence, trauma or loss in their lives. The symbols of family, friends, pets, places and events are sewn onto fabric becoming a colourful representation of a safety net. No sewing experience is necessary. You are only limited by your imagination. All materials are provided. Group will be facilitated by workers from Cara House. Call Nancy to book...

10.00am - 12.00noon

8th February to 12th April

## PURPLE GROUPS

Living Well In The Middle Years @ Mt Druitt

A group for Afghani and Iranian Women

This group is for Dari and Farsi speaking women. a 4 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

8th February to 1st March

FRIDAY:-

## PURPLE GROUPS

Foundation Skills @ Mt Druitt HUB

A group for women who were part of the WASH CORRE Project and women who live with a learning disability.

This group will run for over 2 terms...Complete a Certificate 1 in Foundation Skills....Get lots of great ideas for your life...Work on a Group Project of your choice....Facilitated by JobQuest and supported by WASH House....

9.30am - 2.00pm

Starting 2nd February

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