



Good Shepherd
Australia New Zealand

What's on at the Community House

Your ideas

We'd love to hear which activities are important to you. What sort of groups or programs would you like to attend? What do you think would benefit others in the community? Would you like to volunteer? If you have an idea to share please drop a note into our letter box at Good Shepherd Community House, or call Hilary at Good Shepherd on 8312 8800 we would love to hear from you!



Welcome

Mondays, 10am-12.30pm during school term

"Welcome" is a multicultural group for women and children. Share ideas and connect with other women. Explore how your wellbeing affects your life. Morning tea and activities for children are provided.

Women's Meditation Circle

Mondays, 1.30pm-2.45pm

Join with other women in our mediation circle to explore different styles. Suitable for women who have already tried meditation or completed our 5 week meditation course. Contact Hilary on 8312-8800

Monday

Tuesday

Building Blocks Playgroup

Tuesdays, 10.30am-12.30pm

Building Blocks is a playgroup for young mothers and their children. Meet in a relaxed environment, make new friends and learn from each other. Runs every Tuesday during school term.

3Cs - Coffee, Chat and Catch up!

Tuesdays, 1.00pm-3.00pm

Join with other women in your local community for the 3Cs - a coffee, a chat and a catch up! Make new friends, discuss local issues, share ideas and learn new things.





Firmer Foundations

Wednesdays, 10.00am-12.00pm

Women's Money Wellness: A three week group providing an opportunity to gain clarity, confidence and excitement about your financial future.

Let's Talk About Money: A four-week group focused on building new skills and knowledge in banking, debt, budgeting and saving.

*To register or to discuss individual support call Firmer Foundations 8312 8800.

Women's 5 week Meditation Course

Wednesdays, 1.15pm-2.45pm

Meditation helps relax your mind and body and improves your wellbeing. Come along and discover how to incorporate meditation into your life.



So Sew

Thursdays, 9.30am-12.00pm

Learn how to sew and meet new people at So Sew! This course covers many topics –from hand stitching, using electric sewing machines to create your own clothes.

Advanced So Sew!

Thursdays, 12.30pm-3.00pm

This advanced course builds on the skills learned at So Sew! Learn how to draft patterns and create your own designs.

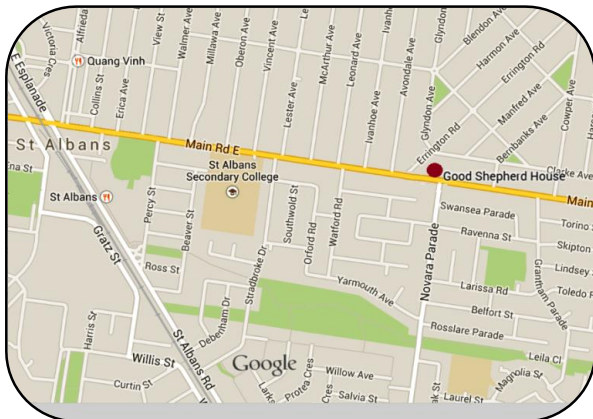


Bringing Up Great Kids Program

Fridays, 10.00am-12.00pm

Learn the skills to build great relationships with your kids in this six-week parenting program. Understand how your children communicate with you and learn how to better communicate with them. Discover how to be the parent you want to be.

Commencing 30th October . Contact Linda or Maria on 9365-9500



Getting to Good Shepherd House

168 Main Road East
St Albans 3021.

The 419 and 408 bus routes stop just outside our door.

Limited off street parking is available.

For further details contact Good Shepherd on 8312 8800.