

# Program Guide Term 2

15 April - 28 June



## Be Creative

### Creative Expression Through Art

Our art classes are open to everyone and taught in a safe and spacious studio (mobility chair friendly) by Lindsay, an established artist. Carers and support workers are welcome to attend.

**\$90 - \$390 per term\***

Mondays  
1.30pm - 4pm



### Inclusive Arts

These classes are designed to be accessible to all members of our community (mobility chair friendly). Our art teacher Isabel fosters a supportive environment where everyone feels encouraged to get involved. Carers and support workers are welcome to attend.

**\$90 - \$390 per term\***

Tuesdays  
9.30am - 12pm or  
12.30pm - 3pm



### Studio Arts

Want to take your art to the next level? Our teacher Isabel, helps to build confidence in various techniques, styles and approaches, providing the next step to progress into further study, seek employment or seek volunteering opportunities within creative art industries.

**\$90 - \$390 per term\***

Wednesdays  
9.30am - 12pm  
or  
12.30pm - 3pm



### Watercolours

Join established artist, Lindsay in this relaxing class and learn a range of techniques to create beautiful paintings. All abilities welcome. All materials provided.

*Like to try a watercolour workshop before enrolling? Book in for our free introductory watercolour workshop on Saturday 6th April.*

**\$350 per term**

Mondays  
6pm - 8pm

### Create and Connect

Bring your own project and embrace your creativity with others. Examples of projects include crochet, watercolour, knitting and all art/craft. All ages and abilities welcome.

**\$2 per session or \$10 per term**

Mondays  
10am - 12pm

### The Crochet Connection

A gathering that brings together crochet enthusiasts and newcomers alike in a welcoming and creative environment. Whether you are picking up a crochet hook for the first time or looking to share your expertise with others, this welcoming group is for you.

**\$2 per session or \$10 per term**

Fridays  
1pm - 2.30pm

### Drawing & Portraiture

Join Lindsay in this class where you will learn all the fundamentals of portraiture, from realism in facial features to skills in observational drawing. Bring in photos of a loved one that can be used by the end of the course to create a personal portrait.

**\$350 per term**

Tuesdays  
6pm - 8pm

## Community

### Food Parcels by MEFP FREE

Malvern Emergency Food Programs provides individual food parcels (non-perishable, 2 day supply) to all residents of Stonnington. Food parcels are available for collection from Prahran Place between 9am and 4pm Monday to Friday.

Collect Monday to Friday from 9am - 4pm

**FREE - Limited quantities available**

### Mens Circle at Prahran Place

This circle is an opportunity for any man who wishes to speak or listen from a deeper place.

**Enquiries to [lukeowenlax@gmail.com](mailto:lukeowenlax@gmail.com)**

1st and 3rd Wednesday of the month  
7pm - 8.30pm

### Men's Social Group

Providing a supportive and inclusive environment for our men's group to discuss upcoming activities over a cup of coffee. Newcomer's welcome!

**Gold coin per session or \$10 per term**

Wednesdays  
2.40pm - 4.10pm

### Chatty Café

Join us for a cuppa and a light morning tea while enjoying a chat with friends. Meet the Walking Group beforehand for a stroll around the neighbourhood.

**Gold coin donation**

Wednesdays  
10.30am - 11.30am

### Reconciliation Stonnington

Meeting monthly to discuss and educate themselves on reconciliation issues, this group's aim is to promote a deeper understanding and respect between indigenous Australians and the wider community

2nd Wednesdays of the month  
6pm - 7.30pm

### Knitters of The Round Table FREE

Come along for a weekly catch up for this project based class. Basic knitting skills are required. All materials are supplied. This friendly group focuses on making blankets, toys and other items to donate to those in need.

**FREE**

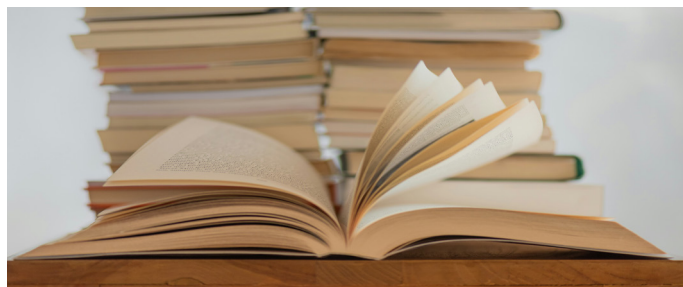
Wednesdays  
12.30pm - 2.30pm

### The Bookish Collective NEW

Do you crave literary discussions and the opportunity to connect with fellow readers in your community? We're excited to announce the launch of a new monthly book group at Prahran Place, and we want you to be a part of it!

**\$12 per term**

4th Wednesday of the month  
6.30pm - 8pm



\*Call us to discuss the fee structure that applies to you.

Please note, course times may change due to unforeseen events. Class subject to cancellation or reschedule if minimum enrolment not met.

## Cook

### Cook Well, Eat Well - NDIS Friendly

This class is open to participants of all abilities as we travel around the culinary world duplicating easy to cook recipes from different countries. We also explore the health benefits of fresh food and create simple budget conscious recipes for you to cook at home.

\$561 - \$660 per term\*

Fridays  
9.30am - 12.30pm  
or  
1.15pm - 4.15pm

### Plate to Wellness:

#### A Journey in Nutritious Cooking

Explore the health benefits of fresh food and create simple nutritious, budget conscious recipes that you can cook at home. The class gives participants the opportunity to learn about nutrition, try new ingredients and recipes and gain valuable kitchen skills.

\$235 - \$485 per term\*

Mondays  
1pm - 4pm



## Health and Wellbeing

### Heart Foundation Walking Group

Join us on Wednesday mornings for a leisurely stroll around the local neighbourhood while enjoying a chat and all the benefits of exercising. Stay on for Chatty Café and enjoy a cuppa and a light morning tea.

FREE

Wednesdays  
9.30am - 10.30am

### Yoga on Friday Afternoons

In our yoga class you will be guided through a series of movements and foundation postures which will stretch and strengthen your limbs while deepening your breath and relaxing your mind. The classes are suitable for all levels and abilities. Individual needs will be attended to by our experienced teacher Louise.

\$128 - 150 per term\*

Fridays  
3pm - 4.15pm

### Yoga on Monday Mornings

These yoga classes are intended to provide a welcoming space for all ages, body shapes and backgrounds. We explore ancient yoga practices to help support us through these busy modern times. This class is suitable for all abilities and our experienced teacher Wendy will attend to your individual needs.

\$116 - \$136 per term\*

Mondays  
10am - 11am

### Zumba Gold

This is an easy-to-follow class based on Latin dance moves that help you stay fit while having fun. No previous experience is needed. Benefits include improved, strength, flexibility, coordination and greater cardiovascular fitness - all while feeling happier and more energised.

Join us and find out for yourself why our participants love doing Zumba with our instructor Rhian!

\$116 - \$136 per term\*

Fridays  
9.15am - 10am

### Fast Paced Friday Walking Group

This Friday morning walk is a great chance to have a brisk walk in the company of other friendly walkers. Walk approximately of 5km in an hour.


FREE

Fridays  
9.30am - 10.30am

## Learn

### Creative Writing

In this course, learn the craft of writing short stories and poetry. From the foundations of inspiration, narrative, character and place to rhythm, breath and purpose, each student will be encouraged to unearth the creative potential of their own minds.

*New for Term 2 - Thursday class at PMI Victorian History Library, Prahran.* 

\$60 - \$300 per term\*

Wednesdays  
12.30pm - 3pm

Thursdays  
11am - 1.30 pm  
at PMI.



### Memoir Writing for Beginners

Interested in writing your own memoir? Learn how to craft a captivating narrative, weaving vivid details and emotions to draw readers in. You'll develop your unique voice and the tools to transform your experiences into a powerful and lasting memoir. This four week writing workshop will allow you to develop your writing and editing skills.

\$140 per term

Tuesdays  
10am - 12pm

4th - 25th June

### Digital Essentials

Digital Essentials 1 (L1) - Want to be tech savvy? Using your own smart phone or device in a supportive classroom environment, this pre-accredited program covers a broad range of tech topics. Learn smartphone functions, emails, apps and staying safe online.

Digital Essential 2 (L2) - Have the basics already covered? This Level 2 pre-accredited program will extend learners' understanding of technology. Build email skills, create documents, connect devices and find information online.

\$45 - \$280 per term\*

L1 - Tuesdays  
10am - 12.30pm or  
1pm - 3.30pm

L1 - Thursdays  
12.30pm - 3pm

L2 - Thursdays  
9.30am - 12pm



### Literacy and Numeracy for Everyday

This small sized adult class is both fun and supportive. This class will help to improve your confidence in everyday numeracy, reading and writing skills. Suitable for learners who are keen to take their literacy skills to the next level.

\$60 - \$300 per term\*

Wednesdays  
9.30am - 12pm



### Fundamentals of Photography

This course is designed to teach you about digital photography. It covers the fundamentals such as understanding camera operations, the principals of lighting, image composition and beyond! Use your newfound knowledge to as a stepping stone for advanced photographic studies or to start your own small business. Suitable for digital or smart phone camera users. 7 sessions from 9th May.

\$55 - \$370 per term\*

Thursdays  
5.30pm - 8pm  
and one Saturday  
10am - 2pm



### English Conversation Classes

This friendly English conversation class will help participants gain confidence in their speaking, listening and reading skills - improving their ability to interact with people during everyday activities.

\$40 - \$290 per term\*

Mondays  
11am - 1.45pm



### Intro to Sewing

Learn the basics of sewing while improving confidence and communication skills. This course is perfect for the absolute beginner and those with some knowledge. If you've always wanted to try sewing or need a refresher, this course will cover both hand and machine sewing. Includes most materials - use our machines or bring your own.

\$85 - \$350 per term\*

Fridays  
9.30am - 12pm or  
1pm - 3.30pm





# Workshops

## Drawing and Portraiture Workshop FREE

This introductory class is an opportunity to explore drawing and potraiture techniques, meet the tutor, Lindsay McDougall and discover what the classes are all about. Available to new art students.

FREE

Saturday  
20th April  
10am - 12pm

## Mosaic Workshop NEW

Unleash your creativity and discover the art of mosaics! This beginner-friendly, 4-week workshops will guide you through the fundamentals of mosaic making, from historical background to hands-on creation. Learn design principles, explore various materials, and craft your own unique mosaic masterpieces to take home. Choose to create house number, set of coasters or a small plaque. All materials provided.

\$350

Wednesdays  
1st - 22nd May  
(4 sessions)  
6pm - 8pm

## Shibori Tie Dying

Try shibori dying to create a beautiful scarf. Shibori is a Japanese dyeing technique that results in beautiful patterns in indigo color. Unlike ordinary tie dye, shibori requires the use of thread to create the six main types of shibori patterns.

\$75

Saturday  
31st August  
10am - 1pm

## Wearable Art NEW

This exciting workshop empowers you to create unique, statement pieces using colorful recycled plastics. Learn basic jewellery making techniques and discover clever tricks to add a professional touch to your creations. No prior experience required - just unleash your creativity and walk away with fabulous, eco-friendly jewelry. All materials provided.

\$79

Saturday  
22th June  
1.30pm - 4.30pm

## Visible Mending NEW

This workshop teaches you the art of transforming clothing repairs into unique design elements. Learn to not only fix rips, tears, and holes but to beautify them with decorative stitching, and creative techniques. Go beyond simple mending and discover a sustainable way to extend the lifespan of your garments while adding a touch of personalised flair.

\$79

Saturday  
15th June  
10am - 1pm



## The Sewcial Club - Tunic Top NEW

Have you ever wanted to create a fashionable garment but don't know where to start? Join the Sewcial Club with designer Suzan Dlouhy and learn how to make a stylish tunic top using Style Arc 'Bessie' pattern. A list of materials on our website.

\$220

Wednesdays  
29th May - 26th  
June (5 sessions)  
6pm - 8pm

## Room Hire

Rooms and studios are available for hire on a casual or permanent basis, perfect for birthday parties, workshops and social group activities. Book our versatile spaces including a children's room, kitchen, studio, and lab for your next event.

Visit [prahranplace.org.au/room-hire-4](http://prahranplace.org.au/room-hire-4) or scan the QR code to learn more and book today.



## Occasional Childcare

Prahran Place offers quality care for children aged 6 weeks to 5 years on a casual booking basis. This indoor/outdoor program is designed to allow children the freedom to explore their environment, developing self-expression, confidence and social skills. Whether you need childcare to study, attend an appointment or just to take some well-deserved 'me time' - contact us and book a place for your child (subject to availability).

Mon - Tues: 9am - 2pm & Wed - Fri: 10am-3pm

Fees: \$75 per session



Prahran Place would like to acknowledge the generous support from our volunteers, students and the following funding bodies:



## How do I book?

The easiest way is to go online to: [prahranplace.org.au/courses-and-programs](http://prahranplace.org.au/courses-and-programs)

Or drop in and see us between 9am and 4pm at 40 Grattan Street, Prahran - located in the beautiful Grattan Gardens.

