



# FREE Initiatives



## MORNING TEA

Community morning tea every Wednesday at Joan Kirner House from 11.00am to 11.30am.



## WALKING GROUP

Walking group meets at Joan Kirner House each Wednesday at 10.15am for a 45 minute slow to medium paced walk.



## RECYCLING

Recycling Made Easy hub in the foyer of Joan Kirner House. Open to the community during business hours.



## COMMUNITY GARDEN

Community garden beds at rear of Joan Kirner House. Help yourself to the produce and ask us how you can help!



## FRESH PRODUCE SWAP

Bakery produce replenished daily. Leave any fresh fruit or vegetables from your garden and take what you need.



## FREE CHARGE BAR

Charging station with multiple cables to cater for all devices. Available to all during business hours.



## FREE WIFI

Free WiFi at Joan Kirner House. Anyone is welcome to use - just ask us at reception for the password.



## FREE PERIOD PRODUCTS

Free period products available Monday to Friday at Joan Kirner House. Proudly supported by Share the Dignity.



## MONTHLY BBQ

Monthly community barbeques at Joan Kirner House. View our calendar of events for all BBQ dates!



## FOOD RELIEF

Food relief available at Joan Kirner House Monday and Friday 10am to 1pm, and Altona North Community House, Thursdays from 10am.



## OPEN ACCESS COMPUTER

Two open access computers in the foyer of Joan Kirner House with printing facilities available to use.



## COMMUNITY KITCHEN

Access to a quiet eating space, microwave, refrigerator as well as tea and coffee making facilities.



## SEED SWAP

Donate seeds for others to take home or collect seeds for your gardens at home. Make sure to label the envelopes!



## ACCESS POINTS

If we are unable to meet specific needs, our staff can refer you to other community agencies for support.



## BOOK SWAP

Book swap available in the foyer of Joan Kirner House. Take home or leave something to read!



## CRAFT, COFFEE AND CHAT

Free program running on Thursdays at Spotswood Community House from 1.30pm. Contact Lynne 03 9397 6168.



# Education Programs

## English Classes



### INTENSIVE EAL

English class for absolute beginners at Joan Kirner House. Mondays and Wednesdays from 9.30am to 12.00pm.



### BASIC CONVERSATION

Improve your conversational English skills at Joan Kirner House. Thursdays from 9.30am to 1.00pm.



### BEGINNERS READING

Improve your reading and communication skills at Altona North Community House. Mondays at 9.30am.



### DRAMA AND LANGUAGE

Learn English through Drama at Joan Kirner House. Mondays from 12.30pm.



### HIGH SPEAKING

Improve your English communication skills at Joan Kirner House. Wednesdays from 12.30pm to 2.30pm.



### READING AND WRITING

Improve your reading and writing skills at Altona North Community House. Tuesdays and Fridays from 9.30am.

## Altona Library Conversation



### FREE CONVERSATION CLASS

Beginners conversation class at Altona Library. Mondays at 1.00pm. Contact Jill on 0439 994 705.



## Spotswood Conversation

### SPOTSWOOD CONVERSATION

Conversation class to learn about the local community. Tuesdays at 12.30pm. Contact Lynne 03 9397 6168.

## Laverton Community Education Centre SEE and AMEP Program



### SEE AND AMEP PROGRAM

SEE and AMEP classes on Tuesday, Wednesday and Thursdays at Joan Kirner House. Contact Laverton Community Education Centre on 03 9369 2726 to enquire about courses.



# Education Programs

## Digital Skills



### COMPUTER CLASSES

Learn the absolute basics of using a computer including using the internet, email, Microsoft programs and more.



### COMPUTER EXTRA NEEDS

Basic computer class to support additional barriers at Joan Kirner House. Tuesdays from 9.30am to 11.00am.



### SMARTPHONE CLASS

Basic smartphone class focusing on useful apps, device features and more. Tuesdays from 9.30am at Joan Kirner House.



### JOB READY

Improving English and digital skills to help you find suitable employment. Fridays from 9.30am at Joan Kirner House.

## Individual Digital Skills Support



### BRIDGING THE DIGITAL DIVIDE

Free assistance (by appointment only) to complete online admin, including online payments, MyGov, Medicare, email, Centrelink, VicRoads, bills, medical, service providers, etc.

### BE CONNECTED

Free digital skills support to build confidence and enhance online safety. One to one sessions can focus on any of your digital concerns, including scams awareness, updating devices, managing passwords, online banking, and much more!

**Be Connected**  
Every Australian online.

Printing, photocopying and scanning facilities available during business hours at Joan Kirner House. Ask at reception.



## Other Programs

**AA**

Alcoholics Anonymous meeting at Spotswood Community House. Fridays from 12.45 pm. Contact 1300 222 222.

**ACQUIRE ACADEMY**

Kids tutoring at Altona North Community House. Mondays and Tuesdays from 5pm. Contact Sarah 0457 880 030.

**ADAM TURNBULL ACTING**

Acting classes at Joan Kirner House. Thursdays from 5pm to 9pm. Contact Adam 0419 593 257.

**ARTFUL MIND**

NDIS Registered program at Joan Kirner House. Mondays from 1pm. Contact Janine 0412 152 507.

**AUSTRALIAN BOATING COLLEGE**

Boating exams at Joan Kirner House and Spotswood Community House. Contact Daniel 0408 369 664.

**BRAINWORKS TUTORING**

Kids tutoring at Altona North Community House. Saturdays at 9am. Contact Ashok 0434 518 247.

**DA SILVA INNER CIRCLE**

Guided energy healing in a supportive, soulful environment. Thursdays from 6.30pm. Contact Eddie 0423 515 807.

**APOSTOLIC FAITH MISSION**

Sunday Church Service at Joan Kirner House from 10am to 12pm. Contact Rutendo 0407 536 109.

**ART CLASSES**

Kids and teen art classes at Joan Kirner House. Wednesdays and Thursdays. Contact Shelley 0478 074 075.

**ARTFUL WARRIOR**

NDIS Registered program at Spotswood Community House. Wednesdays from 1pm. Contact Lee 0458 029 850.

**BONE BOOSTERS**

Gentle exercise for mature aged people at Joan Kirner House. Thursdays at 1pm. Contact Tahlia 03 9397 6168.

**BOOK SISTERS**

Book Club at Joan Kirner House. Third Tuesday of the month from 7.00pm. Contact Nicola 0418 568 406.

**IMPROV CLUB**

Williamstown Improv Comedy at Joan Kirner House. Wednesdays from 7pm. Contact Kai 0468 481 484.

**KALI 3 DIMENSIONAL**

Martial Arts classes at Joan Kirner House. Mondays from 6pm. Contact Nick 0416 806 878.

**LIFESTYLE CONNECTION**

Empowering individuals with disabilities with tailored assistance and skill development, Monday to Friday at Joan Kirner House. Contact Tammy 0414 842 297.



## Other Programs



### LIZA ROSE FLORISTRY

Floristry arranging classes at Joan Kirner House. By appointment. Contact Liza 0416 268 959.



### SUNRISE YOGA

Early morning yoga classes at Joan Kirner House. Thursdays from 7am. Contact Ron 0411 723 669.



### WU TAO

Dancing classes at Joan Kirner House. Third Saturday of the month from 1.30pm. Contact Jo 0438 414 331.



### MINDFULNESS THERAPEUTIC SERVICES

Mental health and wellbeing of babies, toddlers, children and families aged 0-12 years old. Contact Rosie 0401 575 390.



### WILLY WARGAMING

Gaming club at Joan Kirner House. Fridays from 5pm to 9pm. Contact Matthew 0438 054 740.



### ZONTA CLUB

Women's advocacy club at Joan Kirner House. Second Tuesday of the month. Contact Faye 0411 607 995.



### OPEN DAY AT ALTONA NORTH COMMUNITY HOUSE

Altona North Community House hosts an open day each Thursday from 10am to 12pm during school term dates. 7 Plover Drive, Altona North.

- Referral Services
- Pantry Swap
- Free Coffee and Tea
- Computer Classes
- Food Relief
- Bridging the Digital Divide ('One to One' IT assistance, by appointment only).
- Book Swap
- Boomerang Bags
- Venue Hire Inspections (at community rates).

### SPONSORED BY:

