



Paynesville Neighbourhood Centre

TERM 3 COURSES

JULY 10 - SEPTEMBER 15, 2023

Check out what's on this term, and don't forget to put up our Monthly Calendars at home so you don't miss any of the exciting things happening at Paynesville Neighbourhood Centre!

COURSES:



Get Ready for Work in Health

An opportunity to take a firsthand look at employment opportunities in the health industry. This course will cover all areas of employability skills including taste for specialist industry skills.

You can choose to attend both or either:

Taster Day: Tuesday 15th August, 9.30am - 2.30pm

GRFW Course: Mondays & Tuesdays, 9.30am - 2.30pm, August 21st - September 19th

Where: The Hub Bairnsdale

Free!



Empowering Women

This fun course is designed for women who want to explore and discover their potential and become happier, stronger, and more confident!

When: Tuesdays 9.30am - 2.30pm, July 11th - August 29th

Where: The Hub Bairnsdale

\$50 full fee / \$25 concession



Introduction to Facilitation and Training

Learn the practical skills you need to manage a group, engage with participants, keep content on track and deliver results!

When: Wednesdays 9.30am - 2.30pm, July 12th - August 9th

Where: The Hub Bairnsdale

\$30 full fee / \$15 concession



Computing and Windows Essentials

Develop basic computer skills and gain confidence in using technology at home and in the workplace.

When: Mondays 12.15pm - 3.15pm, July 10th - August 7th

Where: PNC

\$30 full fee / \$15 concession



First Aid Course

First Aid Management deliver monthly first aid courses at PNC!

To book, call 9894 1013 or visit firstaidmanagement.com.au

When: Thursdays, monthly 9am - 5pm (see website for dates and costs)

Where: PNC



Marine Licence Course

Boat Licence Management deliver monthly marine license training courses at PNC!

To book, call 9894 1013 or visit firstaidmanagement.com.au

When: Wednesdays, monthly 5.45pm - 10pm (see website for dates and cost)

Where: PNC

For more information, or to book your place, contact the Paynesville Neighbourhood Centre (PNC) on 5156 0214, email info@pnc.vic.edu.au, or visit www.pnc.vic.edu.au.

55 The Esplanade, Paynesville VIC 3880





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TERM 3 ACTIVITIES

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SOCIAL ACTIVITIES & SUPPORT:



Monday Craft

Work on your own project in a fun social setting. BYO craft project. New members always welcome!

When: Mondays 9.30am - 11.30am
Cost: \$5 per session (1st session free)



Tuesday Craft

Craft at your own project, or work with others on group goals. BYO craft project. Please note, currently limited capacity

When: Tuesdays 9.30am - 12pm
Cost: \$5 per session - 1st session free



Tuesday Ladies

A lively social group of mature ladies who are young at heart! New members always welcome!

When: Tuesdays 1pm - 4pm
Cost: \$2 per session



Foodbank

No proof of Centrelink payment required. 1 Foodbank visit per household, per week. Limits may apply on some items.

When: Open Tuesdays 10am - 2pm
Where: Uniting Church Paynesville
Cost: Free!



Paper Craft

A friendly group of liked-minded paper crafters. BYO project and tools. New members welcome!

When: First Thursday of each month 1pm - 3.30pm
Cost: \$5 per session



Brazilian Jiu-Jitsu

Looking for an exciting new activity for yourself or your kids? Oz Continuum are running adult and children's Brazilian Jiu-Jitsu classes at PNC

Visit ozcontinuumbjj.com.au for dates and costs, and to register.



Colour & Creativity

Join Madelaine for a fun afternoon connecting with your creative side. No experience needed!

When: 1pm - 3pm, Second Thursday of each month
Cost: Free! All materials supplied.

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