



Term 2 2024 Course Guide



Mountain District
LEARNING CENTRE

Mountain District Learning Centre | RTO no. 3969
15 The Avenue, Ferntree Gully VIC 3156
(03) 9758 7859 | office@mdlc.org.au | www.mdlc.org.au

Youth Education



The Cottage Program

The Cottage Program is designed for young people who experience Generalised Anxiety Disorder or Social Anxiety Disorder (and other related mental health issues) which may present a barrier to attending education within a mainstream school environment. The Cottage Program offers a quiet and supportive learning environment developed to support and encourage young people to reengage back into education.

MDLC have a team of Youth Workers who provide support and referral (where required) and assist in the day to delivery of the programs. MDLC Youth Workers perform a vital job within the Programs; they help the young people to make informed choices in areas such as education, wellbeing, health and relationships, overcoming challenges, engaging in positive opportunities to build their skills, become independent, contribute to their communities.

The program is focused on building literacy, numeracy and digital literacy skills. Students are encouraged and supported in building social connections, ongoing physical health, mental health, emotional literacy and wellbeing.

The Cottage Program offers the following nationally accredited courses:

22472VIC Certificate I in General Education for Adults
22473VIC Certificate II in General Education for Adults
22474VIC Certificate III in General Education for Adults

Programs are delivered three days per week, 9.30am – 2.30pm during regular School terms, excluding public holidays.

*Minimum literacy and numeracy skills apply.

Call MDLC for further information on 9758 7859

This training may be delivered using Victorian and Commonwealth Government funding for eligible students.

Industry Training



SITHFAB021 PROVIDE RESPONSIBLE SERVICE OF ALCOHOL

Do you want to work in the hospitality

industry? To work in any bar, club, cafe, restaurant or venue that sells alcohol in Victoria, you will need a Responsible Service of Alcohol (RSA) Certificate accredited by Liquor Control Victoria (LCV).

Mountain District Learning Centre (MDLC) is a LCV approved provider for their Responsible Service of Alcohol program offering high quality face to face learning led by a quality industry expert.

Date and time to be confirmed | Fee: \$90

Our MDLC RSA course has a pre-reading and workbook component we require you to complete prior to attending the program.

MDLC also delivers training to large and small groups, schools, businesses and sporting clubs – onsite, offsite or at your venue.

Contact us to book a training session.

Contact us for further details –
9758 7859 or office@mdlc.org.au



Reconnect

Looking to Reconnect to Education or Employment?

Reconnect at MDLC is here to support you to get back on track with your education and employment goals. MDLC is a provider of the Victorian State Government's Reconnect Program, which offers support for people age 17- 64yrs who are not currently engaged in education or employment.

Reconnect can provide:

- Supportive staff to consult regarding your education or employment goal
- Funding for pre-accredited and accredited courses of your choosing
- Access to wellbeing supports
- Personalised resumes
- Referrals to other specialist services

Who is eligible?

- Young people aged between 17- 19 years not engaged in education or training for six months or more (less than 8 hours per week).
- Mature participants aged between 20-64 years; Unemployed for six months or more (less than 8 hours per week) and not engaged in education or training for six months or more (less than 8 hours per week).
- Young people (17 to 24 years of age) who have been, or are currently on, Youth Justice Orders.
- Out of Home Care: Aged 17-64: A person that has a current or previous experience with Child Protection.
- Asylum Seekers aged 17 – 64:
 - individuals or dependants of individuals who meet the following criteria:
 - hold any humanitarian, protection of refugee visa in Australia; or
 - have applied for a humanitarian, protection or refugee visa and hold a bridging visa for this purpose; or
 - have made an application under s. 417 or s.48b of the Migration Act 1958 (Cth) which is yet to be determined and hold a bridging visa.
 - (Individuals must have a visa with study rights, and work rights are required for programs that include work placement).

For more information, please contact our Reconnect Manager, Racheal Edwards – racheale@mdlc.org.au or 0401 490 873.



It's never too late to learn at MDLC

Adult Literacy

READ WRITE NOW I (24LITRWNK01)

Do you or a friend need help with spelling, grammar, reading, writing or numbers?

Wednesdays 5:30pm - 7:30pm

17 April - 26 June

Boronia Library

\$60



READ WRITE NOW II (24LITRWNK01)

Do you or a friend want to take the next step in your literacy journey? This program will help you progress your vocabulary, grammar, numeracy, reading and writing skills.

Wednesdays 7:30pm - 9:30pm

17 April - 26 June

Boronia Library

\$60



ENGLISH FOR LIVING AND WORKING IN AUSTRALIA (BASIC LEVEL I) (24LITELWK01)

Do you need help with English communication skills, pronunciation, listening, vocabulary, grammar, reading and writing? Join our class to practice your conversation skills for use in day-to-day life in Australia.

Group 1

Wednesdays 9:00am - 4:00pm

17 April - 26 June

Boronia Library

\$50.00

Group 2

Thursdays 9:00am - 4:00pm

18 April - 27 June

Boronia Library

\$50



SOCIAL CIRCLE (24LANCK001)

Join Deb in some fun activities, have a coffee and chat about similar interests in a welcoming environment.

Wednesdays 10:00am - 12:00pm

17 April - 26 June

Hills Op Shop, Ferntree Gully

FREE



LAPTOP COMPUTER GROUP (24DLE2)

Do you want to be safe and secure when online as well as increasing your confidence when using your laptop? This program will help you gain confidence in using a range of digital skills.

Tuesdays 10:00am - 12:00pm

16 April - 25 June

Belgrave Library

FREE



ENGLISH CONVERSATION GROUP (24LANCK001)

Is English your second language?

This group is ideal for learners who want to practice their English speaking and listening skills in a friendly and relaxed environment.

Monday 9:30am - 11:00am

15 April - 24 June

Bayswater Library

Tuesday 10:00am - 12:00pm

16 April - 25 June

Boronia Library

Tuesday 3:00pm - 4:30pm

16 April - 25 June

Rowville Library

FREE



Computer Courses

BRING YOUR OWN LAPTOP (24DLE2)

Have you just purchased a laptop and want to learn how to get the most out of it? This class is for you! Come join us for a fun-filled class and go home confident in the knowledge that you can use your device in ways that engage and interest you!

Wednesdays 2:00pm - 4:00pm

17 April - 26 June

Mountain District Learning Centre

\$60



THE VERY BASIC COMPUTER CLASS (24DLE2)

Do you want to start at the very beginning? This course is for learners with very limited computer skills wanting to learn more, with step-by-step instructions and plenty of practice time.

Thursdays 11:00am - 1:00pm

18 April - 27 June

Mountain District Learning Centre

\$60



Computer Group

BIT BY BIT COMPUTERS

Join Lillian and take your time, little bit by little bit, to become more familiar with computers. Enjoy learning in a relaxed environment and with like-minded others. Class numbers are deliberately kept small. BYO Laptop. Whether you have no experience or just a little – all welcome! Afternoon Tea provided. BYO mug for a cuppa.

Thursdays 3:15pm - 5:15pm

\$5 (pay as you go)

On-Line Fun Only

These classes will be held live via the Zoom online platform. It is not a pre-recording and will be like our other classes: engaging, interactive and FUN. It is very easy to join.

MOVIE CHAT CLUB (24LANCK001)

Have you watched a good movie recently? Join Henk for Movie Chat Club; every Wednesday night, talk about movies you've enjoyed and would like to recommend to others. Meet new people and talk about movies.

Wednesdays 6:30pm - 9:00pm

17 April - 26 June

FREE



Wellbeing Courses

WELLBEING (24LITHFWK1)

Explore creative activities, puzzles, quizzes, riddles and gratefulness to discover how improvements to mental health and well-being can help us meet the challenges of everyday living.

Fridays 11:00am - 1:00pm

19 April - 28 June

Boronia Library

FREE



BRAINWORKS (24LITBWK01)

Are you up for a challenge? Join our program to train your memory, stimulate your concentration, work your reactivity, challenge your logic and increase your confidence.

Mondays 9:30am - 11:00am

15 April - 24 June

Bayswater Library

Wednesdays 12:00pm - 2:00pm

17 April - 26 June

Knox Library

Fridays 9:30am - 11:00am

19 April - 28 June

Boronia Library

FREE



Saturday Workshops

SMART PHONES (24DLE2)

How Smart are they? What can your Smart phone do for you? Sign up for this workshop and find out!

Saturdays 10:00am - 12:00pm

20 April, 4 May or 1 June

Boronia Library

FREE



Workshops

Take a Break! Taking a creative break will lift your spirits and re-invigorate your focus and concentration – like a technology refresh but for your mind! Check out our creative workshops and book one, two or all of the classes below.

WILDLIFE ANIMAL THERAPY WITH THE LIZARD WIZARD

Quiet your thoughts and decompress. Come along to these very special sessions that will help you find calm when you're stressed or have racing thoughts. These Animal Therapy sessions run for 1 hour over 4 weeks, and are specifically targeted to those who appreciate quiet time with a variety of Australian native mammals and reptiles. Enrolments are open to all ages, however children aged under 12 years MUST be accompanied by an adult.

Wednesdays 6:00pm - 7:00pm

1st May - 22nd May

\$105.00

For enquiries and bookings please contact Monique at thelizardwizard02@gmail.com

MAKE A T-SHIRT BAG

If your new years resolution is to be even more sustainable in 2024, we've got just the workshop for you! Learn how to upcycle your old t-shirts into shopping bags. This is an easy, budget friendly and environmentally friendly activity where you learn the skills to make more at home for family and friends.

Thursday 10:00am – 12:00pm

16 May

\$7.50

WATERCOLOUR FOR BEGINNERS – WATERCOLOUR FLOWER

Come along and learn the art of wonderful watercolour painting! This beginners workshop will teach you easy skills and techniques to create your own piece of art. Experiment with colours and shapes to create a very pretty painting. Absolutely no prior experience is necessary.

Tuesday 1:30pm - 2:30pm

28 May

\$25.00 (includes all materials)

THE ART OF COLLAGE WITH LUISE – PEACOCK COLLAGE

Collage isn't exactly new – its been around for thousands of years! So bring out your inner child, think outside the page and create a beautiful & colourful peacock collage piece to take home and display.

Tuesday 10:00am - 12:00pm

14 May

\$15.00 (includes all materials)

POM POM PAPERCLIPS

Pom poms with a modern twist! From the classic pom pom to paper art accessories, learning how to create the humble pom pom will make you smile, the process is simple, enjoyable and very relaxing! In no time at all you'll be whipping up all the pom poms you'll ever need and loving it! Make & take a set of medium sized pom pom paperclips.

Tuesday 10:00am - 12:00pm

4 June

\$15.00 (includes all materials)

MACRAME POD HANGER

Tracing back to Babylonian times, the art of Macrame is a very relaxing and fun hobby!!! Join Lynn in this Intermediates workshop and learn how to create your very own beautiful Macrame Pod Hanger that is simply perfect for Air Plants or small pots, AND perfect for Mothers Day!! If you've completed our beginner macrame workshops and have some previous experience, it will be necessary for this workshop.

Tuesday 1:00pm - 4:00pm

7 May

\$55.00 (includes all materials)

Languages

FRENCH – BEGINNER

Bonjour! Pardon! S'il-vous plait? Merci. Going on a trip to a French speaking country or simply want to learn some basic and useful French? Come and dip your toes into the French language with Niroshini. Learning French is easy at MDLC! This beginner course is suitable for those with no previous experience with the French language or for those who have minimal knowledge. BYO mug for a cuppa.

Mondays 6:30pm - 8:30pm

29 April - 3 June

\$140.00

FRENCH – INTERMEDIATE

Intermediate learning for those who have previously completed our Beginner or Level 1 French courses, or perhaps you already know the basics of French and would like to take it to the next level. This course is suitable for those travelling to France and/or French speaking countries. Classes are conversational and 95% spoken in French. BYO mug for a cuppa.

Tuesdays 6:30pm - 8:30pm

30 April - 4 June

\$140.00



Health & Exercise

TAI CHI

Enrol now and get the first lesson free!

Fluid, gentle movements are relaxed and slow in tempo. Breathing is deepened and slowed, aiding visual and mental concentration.

Tuesdays 1:00pm - 2:00pm

During school terms

\$10 per session

FITNESS & FUN GENTLE EXERCISE FOR WOMEN 55+

Susan will help you to improve your balance & increase your flexibility & overall fitness from a range of simple exercises.

Tuesdays 9:30am - 10:30am

Thursdays 9:30am - 10:30am

\$7.00 per session

Keep an eye on our website, Instagram and Facebook pages for more fun and engaging events!

 www.mdlc.org.au

 @mountaindistrictlearningcentre

 @MDLC3156

Social Support Activity Groups



HACC/PYP and CHSP programs are for seniors and younger eligible people who are looking for social opportunities. Come along and enjoy some social and recreational time and new experiences in relaxed friendly company. Classes run during school terms. NDIS clients welcome! Please call and speak to our Community Services Manager to enquire about pricing for these sessions.

MONDAY MAKERS

A lovely welcoming arts & crafts group where Lynn teaches more advanced techniques to complete various weekly activities. Morning Tea provided. BYO mug for a cuppa.

Monday mornings 10:00am - 12:00pm

NATURE CRAFT

Join Sharon for an afternoon of crafting using natural materials. Sessions focus on using recycled & affordable materials. Afternoon tea provided. BYO mug for a cuppa.

Monday afternoons 1:00pm - 3:00pm

CRAFT & GROW

Join Luise in this friendly group and learn how to create easy gardening and crafty activities. Morning tea provided. BYO Mug for a cuppa.

Tuesday mornings 10:00am - 12:00pm

MDLC SOCIAL FRIENDSHIP GROUP

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, a calendar of activities is available upon enrolment. Afternoon tea provided. BYO mug for a cuppa.

Wednesday afternoons 1:00pm - 3:00pm

HILLS MENS SOCIAL GROUP

Join Henk for an informal cuppa & chat at the Hills OpShop in Ferntree Gully Village.

Thursday mornings 10:00am - 12:00pm

ALL ABILITIES MIXED MEDIA

Learn new skills using a variety of mediums to create beautiful pieces of work. Morning tea provided. BYO mug for a cuppa.

Thursday mornings 10:00am - 12:00pm

CRAFTERIA

Lynn & Sharon provide the opportunity for creative expression through a variety of recreational craft activities in a warm, supportive and fun environment. No prior craft experience necessary. Afternoon Tea Provided. BYO mug for a cuppa.

Thursday afternoons 1:00pm - 3:00pm

WOMEN ON THE MOVE EXERCISE GROUP 65+

Come along for an hour of gentle exercises and stay for a cuppa and a chat in the friendly company of other women! Morning Tea provided. BYO mug for a cuppa.

Monday mornings 10:00am - 11:00am
(or 12:00pm for a cuppa)

Volunteer & Interest Groups

COMMUNITY GARDEN

Grow some vegies, help care for the chooks, harvest produce, propagate plants & seedlings and assist with our Garden Gate Market. The MDLC Hi-Rise Community Garden welcomes all volunteers & those who need to complete 15hrs for Centrelink obligations. Program runs on Mondays, Tuesdays & Thursdays. New members welcome! For further enquiries call our friendly office staff on 9758 7859.

PHILOSOPHY FOR THINKERS

The way we think about the world affects the world we live in. Join your facilitator Dean, and this friendly & inclusive group for challenging and stimulating discussions on prominent contemporary philosophers whilst using both modern & traditional ideas. New members welcome. B.Y.O. Mug for a cuppa.

Every second Friday

9:30am - 11:30am

During school terms

\$5.00 per session

CRAFTY LADIES

Do you enjoy crafting? Or even better, crafting for a cause? Why not join this friendly little group! Currently crafting all kinds of different things like booties, blankets & quilts to into "Backpacks 4 Vic Kids". A charitable organization providing essential material aid for children taken into care & displaced children (0-18yrs). B.Y.O project of choice and materials. Fabrics and other materials are available if you need them. B.Y.O. mug for a cuppa. New Members Welcome!

Tuesdays 9:30am - 11:30ish

\$2.50

MOUNTAIN TREASURES CRAFT GROUP

Come along to the Mountain Treasures craft group on Wednesday mornings and finish all those unfinished projects! This lovely & inclusive group also enjoy selling their beautiful handmade wares at various shopping malls & festivals around Knox. B.Y.O project to work on. B.Y.O mug for a cuppa. All welcome!

Wednesdays 10:00am - 12:00pm

Gold coin donation



MDLC provides a welcoming and inclusive environment for people of all abilities.

About us

Mountain District Learning Centre was established in 1974 as Mountain District Women's Co-op.

The Co-op focused on the interests of local women supporting the sale of hand-made craft items, providing an independent income for the women. The Co-op offered access to local community education making academic achievement a reality.

Today, the Centre provides programs for education, skill development, friendship and enjoyment.

MDLC has a strong community development focus and participates in activities that help to strengthen the community including acting as publishers of the Ferntree Gully News, participating in collaborative networks and consultative committees that advance community interests.

Learn Local Endorsed Courses

Classes with this symbol are funded by Learn Local. We require proof of Australian citizenship. Concession card holders and pensioners pay only \$50 tuition per year regardless of the number of courses. Materials and Resources fees are not subject to concessions.



Information

MDLC Office hours:
Monday to Friday 9:00am – 4:00pm

Finding MDLC

MDLC is only a 5 minute walk from Ferntree Gully railway station. Other options include bus route 755 from Knox City Shopping Centre or bus route 691 (Boronia to Waverley Gardens including Rowville) and 693 (Belgrave to Oakleigh)

Volunteer Program

MDLC welcomes volunteers to help out in our community garden & social support groups. Some skills or knowledge in these areas preferred, but not essential. Please contact the Centre on 9758 7859 and chat with our friendly staff for further information. MDLC also welcomes Volunteers who have mutual obligations with Centrelink.

New Courses & Trainers

MDLC is always looking to offer new courses for the local community. If you have a specialty, hobby, workshop or interest you'd like to teach, or an idea for a new and exciting program, please contact our friendly staff on 9758 7859 or email office@mdlc.org.au.