



# Term 1 2026 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](mailto:office@mdlc.org.au) | [www.mdlc.org.au](http://www.mdlc.org.au)

# Youth Education



## The Cottage Program

The Cottage Program is designed for young people who experience Generalised Anxiety Disorder, Social Anxiety Disorder, or related mental health challenges that may create barriers to attending mainstream education.

The program provides a quiet and supportive learning environment that encourages students to re-engage with education in a way that builds confidence and wellbeing. Programs support young people from Years 7 to Year 10, with some options available for students in Years 11 & 12.

At MDLC, our Youth Workers play a vital role in supporting students. They assist with the day-to-day delivery of programs, offer individual support and referral (where needed), and help young people make informed choices about education, wellbeing, health, and relationships. Youth Workers also encourage students to overcome challenges, build independence, develop new skills, and positively contribute to their communities.

The Cottage Program focuses on strengthening literacy, numeracy, and digital literacy skills, while also encouraging growth in areas such as building social connections, maintaining physical health and wellbeing, supporting mental health and emotional literacy, and developing confidence and resilience.

The Cottage Program offers the following nationally accredited courses:

- 22689VIC Certificate I in General Education for Adults (Introductory)**
- 22690VIC Certificate I in General Education for Adults**
- 22691VIC Certificate II in General Education for Adults**
- 22692VIC 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: To be confirmed**

**Time: To be confirmed**

**Fee: \$100**

Our MDLC RSA course is delivered over 6 hours

**Now taking expressions of interest**

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](mailto:office@mdlc.org.au)

**LIQUOR CONTROL VICTORIA** Approved RSA Provider

In Victoria, you need an RSA Certificate of Completion to work in many licensed venues. To receive your RSA Certificate of Completion, you must complete the following:

- an LCV approved RSA course
- Sexual Harassment and Assault: Recognise, Prevent and Respond (additional online module)

For more information on Victorian RSA certificate requirements, visit the Liquor Control Victoria website: [www.vic.gov.au/liquor-licensing](http://www.vic.gov.au/liquor-licensing)



# 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 us on 9758 7858

## The Avenue School

The Avenue School is a Senior Secondary Specialist School where young people who've stepped away from traditional education can reconnect, rebuild, and thrive. We offer a flexible, inclusive learning environment shaped around each student's strengths, challenges, and goals.

At The Avenue School, wellbeing comes first, and with the right support, confidence and learning naturally follow. Our intentionally small cohort model creates a sense of safety and belonging, giving every student the space to be seen, heard, and understood. We tailor our curriculum to each student's learning style and unique needs, creating a pathway that feels supportive and achievable.

Grounded in trauma-informed practice and guided by empathy, respect, and empowerment, we support the students rediscover their curiosity, rebuild trust in themselves, and take meaningful steps toward their futures.

For more information, contact the office on 97587859 or email [office@theavenueschool.vic.edu.au](mailto:office@theavenueschool.vic.edu.au)



## Adult Literacy

### ENGLISH FOR LIVING AND WORKING IN AUSTRALIA (26LITELWK01)

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.

**Wednesdays 9:30 am – 2:30 pm**

4 February – 24 June

Boronia Library

FREE for eligible participants



### ENGLISH CONVERSATION GROUP (26LANCK001)

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.

**Mondays 9:30 am – 11:30 am**

2 February – 22 June

Bayswater Library

or

**Tuesdays 10:00 am – 12:00 pm**

3 February – 23 June

Boronia Library

or

**Tuesdays 2:30 pm – 4:30 pm**

3 February – 23 June

Rowville Library

or

**Wednesdays 11:00 am – 1:00 pm**

4 February – 24 June

Croydon Library

FREE for eligible participants



### READ WRITE NOW (26LITRWNK01)

Looking to boost your confidence with reading, writing, spelling, or numbers? Start your literacy journey today in a friendly, supportive, and social environment—because learning is easier together!

**Wednesdays 5:00 pm – 7:00 pm**

4 February – 24 June

MDLC

or

**Thursdays 6:00 pm – 8:00 pm**

5 February – 25 June

Bayswater Library

FREE for eligible participants



### TALK LEARN LIVE: EVERYDAY ENGLISH (26LITLLK001)

NEW

Empower your voice with Talk, Learn, Live—a practical English course designed to help you connect, communicate, and thrive in your Australian community. Build skills that open doors to work, friendships, and new experiences!

**Thursdays 9:30 am – 2:30 pm**

5 February – 25 June

Boronia Library

FREE for eligible participants



Classes with this symbol are funded by Learn Local.\*

## Computer Courses

### DIGITAL SKILLS FOR WORK AND LIFE – WORKSHOPS (26DSWL1K01)

NEW

Learn to use your phone, tablet or laptop with confidence. Join friendly, hands-on workshops to build everyday digital skills—from texting to video calls and online safety.

**Mondays 9:30 am – 11:30 am**

2 February – 22 June

Boronia Library

**Mondays 12:30 pm – 2:30 pm**

2 February – 22 June

Rowville Library

**Tuesdays 10:00 am – 12:00 pm**

3 February – 23 June

Belgrave Library

FREE for eligible participants



## Wellbeing Courses

### BRAINWORKS (26LITBWK001)

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 11:30 am – 1:30 pm**

2 February – 22 June

Bayswater Library

**Wednesdays 11:00 am – 1:00 pm**

4 February – 24 June

Knox Library

**Fridays 12:00 pm – 2:00 pm**

6 February – 26 June

Boronia library

FREE for eligible participants



### HEALTH AND FINANCIAL WELLBEING (26LITHFWK01)

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

**Fridays 10:00 am – 12:00 pm**

6 February – 26 June

Boronia Library

FREE for eligible participants



## Leisure Activities

### MOVIE CHAT CLUB

Just like a book club only it's the movies!!! Join Henk for Movie Chat Club every Wednesday night and chat about the weekly movie on offer. Meet new people and talk about movies.

**Wednesdays 7:30 pm – 8:30 pm**

(during school terms)

Via Zoom

\$20 per term

### CROCHET & CHAT

If you're looking to chat about all things crochet while making new social connections then this is the group for you! Join Monique as she assists you in building your current crochet skills in this friendly group. Bring along your current project to work on. All welcome!

**Mondays 6:00 pm – 8:00 pm**

(during school terms)

Boronia Library

Gold Coin Donation

### THE COLOURS OF ART

Explore self-expression from within and learn how to think differently. Let your creativity flow through various activities in a safe and friendly environment. No previous art experience is necessary to join. All Welcome!

*For 16 years and over*

**Thursdays 4:00 pm – 6:00 pm**

(during school terms)

Bayswater Library

Gold Coin Donation

### 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. All welcome! B.Y.O. Mug for a cuppa.

**Every Second Friday 9:30 am – 11:30 am**

(during school terms)

\$5 per session

## 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 1:00 pm – 2:00 pm**

(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 9:30 am – 10:30 am**

**Thursdays 9:30 am – 10:30 am**

\$7 per session

## Events

### AUTUMN OUTING

NEW

Join us this Autumn on a bus trip to visit Rayner's Orchard, a beautiful boutique orchard up in the Yarra Valley.

**Rayner's Orchard, Woori Yallock**

**Tuesday 31 March, 9:30 am – 3:30 pm**

Bookings are essential as seats for this trip are limited. Please RSVP by Tuesday 24 March.

### MDLC MEN'S GROUP SAUSAGE SIZZLE

NEW

You're invited to join the MDLC Men's Group for a free sausage sizzle! Stay for a while and chat about how you can get involved.

**Tuesday 17 February, 1:30 pm – 3:30 pm**

RSVP by Tuesday 10 February.

### Visit us for assistance

YOU COULD BE ELIGIBLE FOR THE  
**\$100 POWER SAVING BONUS**  
FOR ELIGIBLE CONCESSION CARD HOUSEHOLDS

FIND OUT MORE:  
[NHVIC.ORG.AU/PSB](http://NHVIC.ORG.AU/PSB)

Neighbourhood Houses Victoria

VICTORIA

\*We require proof of Australian or New Zealand citizenship, or Asylum seekers valid visa.

# It's never too late to learn at MDLC

## 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.

### HILLS MENS SOCIAL GROUP

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

**Thursday mornings 10:00 am - 12:00 pm**

### 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 10:00 am - 11:00 am**  
(or 11:30 pm for a cuppa)

### 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 10:00 am - 12:00 pm**

### 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 1:00 pm - 3:00 pm**

### 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 10:00 am - 12:00 pm**

### 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 1:00 pm - 3:00 pm**

### ART FOR WELLBEING

Take time out and allow your creativity to flow through mindful art in a safe, relaxed and friendly environment. No previous art experience is necessary. Afternoon tea provided. BYO mug for a cuppa.

**Wednesday afternoons 1:00 pm - 3:00 pm**

### 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 10:00 am - 12:00 pm**

### 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 1:00 pm - 3:00 pm**

## Interest Groups

### CRAFTY TREASURES

Come along to the Crafty Treasures craft group on Tuesdays 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. Fabrics and other materials are available if you need them. B.Y.O mug for a cuppa. All welcome!

**Tuesdays 9:30 am – 12:00 pm**  
Gold Coin donation

### MOUNTAIN DISTRICT MEN'S GROUP - MEN'S TALK

Do you enjoy making new social connections and having a laugh? Or maybe just an informal cuppa & chat about anything and everything? If this sounds like something you or someone you know might enjoy come along to this friendly group for blokes! Calendar of activities available upon request.

**The first and third Tuesday of each month, 1.30 – 3.30pm**  
Gold Coin Donation

## Volunteering

### COMMUNITY GARDEN – VOLUNTEERS AND GENERAL INTEREST

Grow some vegies, harvest produce, propagate plants & seedlings. The MDLC Hi-Rise Community Garden program runs on Mondays, Tuesdays & Thursdays. New members welcome!

For further enquiries call our friendly office staff on 9758 7859.

# Connect with your community at MDLC



# 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.

## 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).

## 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](mailto:office@mdlc.org.au).

Please note: Classes do not run during school holidays.