



Term 1 2025 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, becoming independent, and 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: 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



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 or 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.

Introducing The Avenue School

The Avenue School will be commencing at MDLC in 2025. The School has been designed as a senior secondary specialist school with the unique focus of supporting students experiencing anxiety. Our mission is to provide an environment where every individual feels valued, safe and equipped to overcome personal challenges.

Enquiries via MDLC on 9758 7859

It's never too late to learn at MDLC

Adult Literacy

READ WRITE NOW (25LITRWNK01)

Are you ready to take a step toward improving your literacy and numeracy skills? Join our friendly, welcoming, and social program, where learning is empowering, supportive, and fun! In this safe and encouraging environment, you'll work on practical reading, writing, numeracy and digital literacy activities tailored to your needs and interests.

Wednesdays 5:30 pm – 8:00 pm
and

Thursdays 5:30 pm - 8:00 pm

5 February – 3 July 2025

MDLC Ferntree Gully

\$150 (\$70 concession) per semester



ENGLISH FOR LIVING AND WORKING IN AUSTRALIA (25LITELWK01)

Are you looking to improve your English communication skills for everyday life or the workplace? Our class is designed to help you build confidence and develop the language skills you need to thrive in Australian society.

Wednesdays 9:30 am – 3:30 pm

5 February – 2 July 2025

MDLC Ferntree Gully

or

Thursdays 9:30 am – 3:30 pm

6 February – 3 July 2025

MDLC Ferntree Gully

\$150 (\$70 concession) per semester



ENGLISH CONVERSATION GROUP (25LANCK001)

Is English your second language? Do you want to improve your speaking and listening skills? Join our group—a friendly and relaxed space where you can practice English and gain confidence in real-life conversations.

Mondays 9:30 am – 11:30 am

3 February – 30 June 2025

Bayswater Library

or

Tuesdays 10:30 am – 12:30 pm

4 February – 1 July 2025

Boronia Progress Hall

or

Tuesdays 2:30 pm – 4:30 pm

4 February – 1 July 2025

Rowville Library

or

Wednesdays 11:00 am – 1:00 pm

5 February – 2 July 2025

Croydon Library

FREE



Computer Courses

WORKPLACE ENGLISH AND DIGITAL SKILLS (25DEDCC01)

NEW

Are you from a culturally and linguistically diverse (CALD) background? Do you want to improve your English and digital skills for work, further study, or managing everyday tasks?

Join our course—a tailored program to help you thrive in the modern Australian workplace and confidently navigate the digital world.

Mondays 12:30 pm – 2:30 pm

3 February – 30 June 2025

Rowville Library

\$100 (\$60 concession) per semester



DIGITAL ESSENTIALS 2 (25DLE2)

Are you ready to take your digital skills to the next level? Join a hands-on program designed to help you deepen your understanding of technology, explore the functionality of different devices, and discover how to use them to connect with others in meaningful ways.

Tuesdays 10:00 am – 12:00 pm

4 February – 1 July 2025

Belgrave Library

or

Tuesdays 1:00 pm – 3:00 pm

4 February – 1 July 2025

MDLC Ferntree Gully

or

Wednesdays 1:00 pm – 3:00 pm

5 February – 2 July 2025

MDLC Ferntree Gully

\$100 (\$60 concession) per semester



Wellbeing Courses

BRAINWORKS (24LITBWK01)

Unlock your mind's full potential! Join our exciting program—a dynamic course designed to boost your mental agility, sharpen your thinking skills, and improve your overall brain health. Whether you're looking to stay mentally sharp, enhance your focus, or simply enjoy the fun of intellectual challenges, this program is for you!

Mondays 11:30 am – 1:00 pm

3 February – 30 June 2025

Bayswater Library

or

Wednesdays 11:30 am – 1:00 pm

5 February – 2 July 2025

Knox Library

or

Fridays 10:30 am – 12:00 pm

7 February – 4 July 2025

Boronia Progress Hall

FREE



HEALTH AND FINANCIAL WELLBEING (25LITHFWK1)

Discover how taking small steps to improve your mental health and financial wellbeing can make a big difference in navigating life's challenges. Join our course to explore creative and practical ways to feel more confident, capable, and in control of your life.

Fridays 12:00 pm – 1:30 pm

7 February – 4 July 2025

Boronia Progress Hall

FREE



Please note: Classes do not run during school holidays.

Classes with this symbol are funded by Learn Local.



We require proof of Australian or New Zealand citizenship, or Asylum seekers valid visa. Where applicable, concession card holders and pensioners pay only \$50 tuition fee per year, regardless of the number of courses. Materials and resources fees are not subject to concessions.

Current eligible concession cards:

- Health Care Card
- Pensioner Concession Card (Age Pension, Carers Pension, Disability Support Pension, Partners Allowance, Widow Allowance, Wife Pension)
- Veterans Gold Card

Leisure Activities

CROCHET & CHAT

Looking to learn a new skill? Join Monique as she assists you in building your crochet skills from beginner to next level and beyond in this friendly group. If you're a beginner, bring along a 6mm crochet hook and a ball of 8 ply plain colored wool. If you're more advanced, just 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

ART FOR WELLBEING

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!

Thursdays 5:30pm – 7:30pm

(during school terms)

Bayswater Library

\$5 per session

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

CERAMIC PAINTING

Ceramic painting is easy and produces an amazing result regardless of artistic ability! Join Terri in these fun 2 hour sessions and let your creativity flow while trying something new in a welcoming and supportive environment. You'll be able to choose and purchase a ceramic piece that is ready to be painted. Students will finish 2 – 4 ceramic pieces over the 8 weeks and prices will vary from \$10 - \$35 per piece according to size (purchase directly from the tutor).

Tuesdays 1:00pm – 3:00pm

11th February to 1st April

\$70 (plus individual materials costs payable directly to the class tutor)

NEW



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

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 informative and creative workshops and book one, two or all of the classes below.

WATERCOLOUR FOR BEGINNERS – WATERCOLOUR FLOWER

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

Tuesday 18th March

1.30pm – 2.30pm

\$25 (includes all materials)

NEW

PAPER DAHLIA SCULPTURE

NEW

Creating a sculpture from paper isn't exactly new – it's been around for years! Think outside the page and join this fun workshop to learn how to create a beautiful Dahlia sculpture using recycled pages from old books to take home and display.

Tuesday 10:00 am – 12:00 pm

18th February

\$20 (includes all materials)

BOTANICAL AIR DRIED CLAY COASTERS

NEW

An easy planty project using air-dry clay and a few different flowers to make a set of botanical coasters. Choose flowers and fauna to suit your home décor, or a perfect hostess gift when you are looking for a personal, handmade idea.

Tuesdays 10:00 am – 12:00 pm

18th March to 25th March

\$20 (includes all materials)

SPINNING SILKEN STORIES

NEW

Is creative writing an art or a craft? And how do you bring characters to life? Whether you're a seasoned writer or just starting out, join Gemma in this fun workshop to find out how creative writing skills can be applied across multiple writing forms.

Wednesday 10:00 am – 11:30 am

26th February

\$35 (BYO Pen and paper)

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.

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

Volunteering

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.

Interest Groups

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 9:30 am – 11:30 ish
\$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 10:00 am - 12:00 pm
Gold coin donation

**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)

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.

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.