



Fresh from  
the garden  
Please take  
some



# Term 4 2024 Course Guide

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**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)

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

## About us

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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](mailto:office@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.

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

**LIQUOR CONTROL VICTORIA** Approved RSA Provider

# 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).

*Reconnect has reached its capacity for referrals in 2024 and are now taking a waitlist for those wishing to be supported in 2025*

**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 (24LITRWNK01)

Do you or a friend need help with spelling, grammar, reading, writing or numbers? Take the first step on your literacy journey in a welcoming and social setting.

**Wednesday 5:30 pm – 7:30 pm**  
**and Thursday 5:00 pm – 8:00 pm**  
9 October – 12 December

Boronia Library  
\$60



### ENGLISH FOR LIVING AND WORKING IN AUSTRALIA (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 9:00 am – 4:00 pm**  
9 October – 11 December  
Boronia Library  
\$50

#### Group 2

**Thursdays 9:00 am – 4:00 pm**  
10 October – 12 December  
Boronia Library  
\$50



### 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.

**Mondays 9:30 am – 11:00 am**  
7 October – 9 December  
Bayswater Library

**Tuesdays 10:00 am – 12:00 pm**  
8 October – 10 December  
Boronia Library

**Tuesdays 3:00 pm – 4:30 pm**  
8 October – 17 December  
Rowville Library

**Tuesdays 5:45 pm – 7:45 pm**  
8 October – 17 December  
Croydon library

**Thursdays 5:45 pm – 7:45 pm**  
10 October – 19 December  
Knox Library  
FREE



## Computer Courses

### BRING YOUR OWN LAPTOP (24DLE2)

Have you just purchased a laptop and want to learn how to get 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 2:00 pm – 4:00 pm**  
9 October – 11 December  
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 11:00 am – 1:00 pm**  
10 October – 12 December  
Mountain District Learning Centre  
\$60



### 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 10:00 am – 12:00 pm**  
8 October – 10 December  
Belgrave Library  
FREE



## 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 (24LITRWN01)

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 7:30 pm – 9:00 pm**  
9 October – 11 December  
FREE



## Wellbeing Courses

### 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 11:00 am – 1:00 pm**  
7 October – 9 December  
Bayswater Library

**Wednesdays 12:00 pm – 2:00 pm**  
9 October – 11 December  
Knox Library

**Fridays 9:00 am – 11:00 am**  
11 October – 13 December  
Boronia library  
FREE



### WELLBEING (24LITHFWK1)

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 11:00 am – 1:00 pm**  
11 October – 13 December  
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 10:00 am – 12:00 pm**  
12 October, 2 November and 7 December  
Boronia Library  
FREE



**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 \$50.00 tuition fee per year, regardless of the number of courses. Materials and resources fees are not subject to concessions.

## Leisure Activities

### CROCHET & CHAT

Looking to learn a new skill?, or maybe you just need a little help with a crochet project? Then again, maybe you're just looking for a like minded friendly group? Join Monique as she assists you to build your crochet skill level from beginner to next level and beyond! Meet new people in this friendly group and chat about your amazing creations. If you're a Beginner, bring along a 6mm crochet hook & a ball of plain coloured 8 ply yarn. If you're more advanced, 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. New members 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

## 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.

### CREATE A BUTTERFLY GARDEN

NEW

Butterflies are a joy to have in the garden, and while a variety of different flowers will help attract butterflies, creating a garden to meet all of a butterfly's needs involves so many more elements than just simply planting flowers. Come along to this interesting little workshop to learn how to create your very own butterfly haven.

**Saturday 10:00 am – 12:00 pm**

12th October

\$35

### GOTH GLUE PAINTING & WATERCOLOURS

NEW

Have you ever heard of goth glue?

It's the latest art craze for a VERY good reason!...join this fun workshop and learn how to fuse the art of creating goth glue paint & watercolors and watch your art piece come to life! No previous art experience is necessary.

BYO Mug for a cuppa. Morning tea provided.

**Tuesday 10:00 am – 12:00 pm**

15th October

\$5

### FRAGRANT PLANTS

NEW

Be the envy of all your neighbours, and learn how to incorporate affordable and stunning fragrant plants into your home and garden.

**Saturday 10:00 am – 12:00 pm**

2nd November

\$35

### SMALL MACRAME WALL HANGING

NEW

A short workshop for all those who have never tried the wonderful world of Macrame! Let Luise guide you to make a stunning little achievable wall hanging. No previous Macrame experience is necessary.

BYO mug for a cuppa. Morning tea provided.

**Tuesday 10:00 am – 12:00 pm**

19th November

\$25

### DIY SCENTED CHRISTMAS DECORATIONS

NEW

Beat the cost of living and get into the Christmas spirit this year by making your very own scented decorations.

BYO mug for a cuppa. Morning tea provided.

**Tuesday 10:00 am – 12:00 pm**

10th December

\$15

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

 [www.mdldc.org.au](http://www.mdldc.org.au)

 @mountaindistrictlearningcentre

 @MDLC3156



MOUNTAIN DISTRICT LEARNING CENTRE

# MAKERS MARKET

SATURDAY 23RD NOVEMBER 2024  
AT 10AM TILL 2PM

Variety of Stalls | Music | Sausage Sizzle  
Plants | Lizard Wizard

The poster features a vibrant, colorful illustration of a market scene with several stalls under colorful awnings, set against a dark background with festive bunting and confetti.

## 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.

### 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, call our friendly office staff for more details. Afternoon tea provided. BYO mug for a cuppa.

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

### ART FOR WELLBEING

Join Monique and let your creativity 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. Garden is open on Mondays & Tuesdays. 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 for "Backpacks 4 Vic Kids". 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**