



Cockatoo Community House

supported by



WINDANA
Life. Changing.

featuring classes with
KARATE



TERM 1 PROGRAM

January - April 2025



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Cockatoo Community House is supported by Windana.

Windana provides services across Victoria for adults and young people experiencing alcohol and other drug harms, family violence, mental health challenges and social disadvantage.

Our Model of Care puts clients at the centre of what we do to create positive change in people's lives. We work with families, communities and other organisations to deliver trauma informed, equitable, culturally safe and integrated services based on evidence and practice wisdom.

By intervening early and creating purposeful partnerships, we help clients achieve improved outcomes while reducing demand on acute services.

And we are influencing policy, practice and research to help shape better systems for clients. Together, we influence the broader system for a more positive and connected future.

In November 2023, TaskForce Community Agency merged into Windana – enabling us to provide more services to more people.



Cockatoo Community House is based on the lands of the Wurundjeri people and recognises their continuing connection to lands, waters and communities.

We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders both past and present.

ADULT ART PROGRAMS

INTRO TO ART SKILLS & INTERMEDIATE ART SKILLS

NOW TAKING
ENROLMENTS
FOR TERM 1

Develop essential knowledge and basic art skills to create an art portfolio in a supportive and collaborative environment.

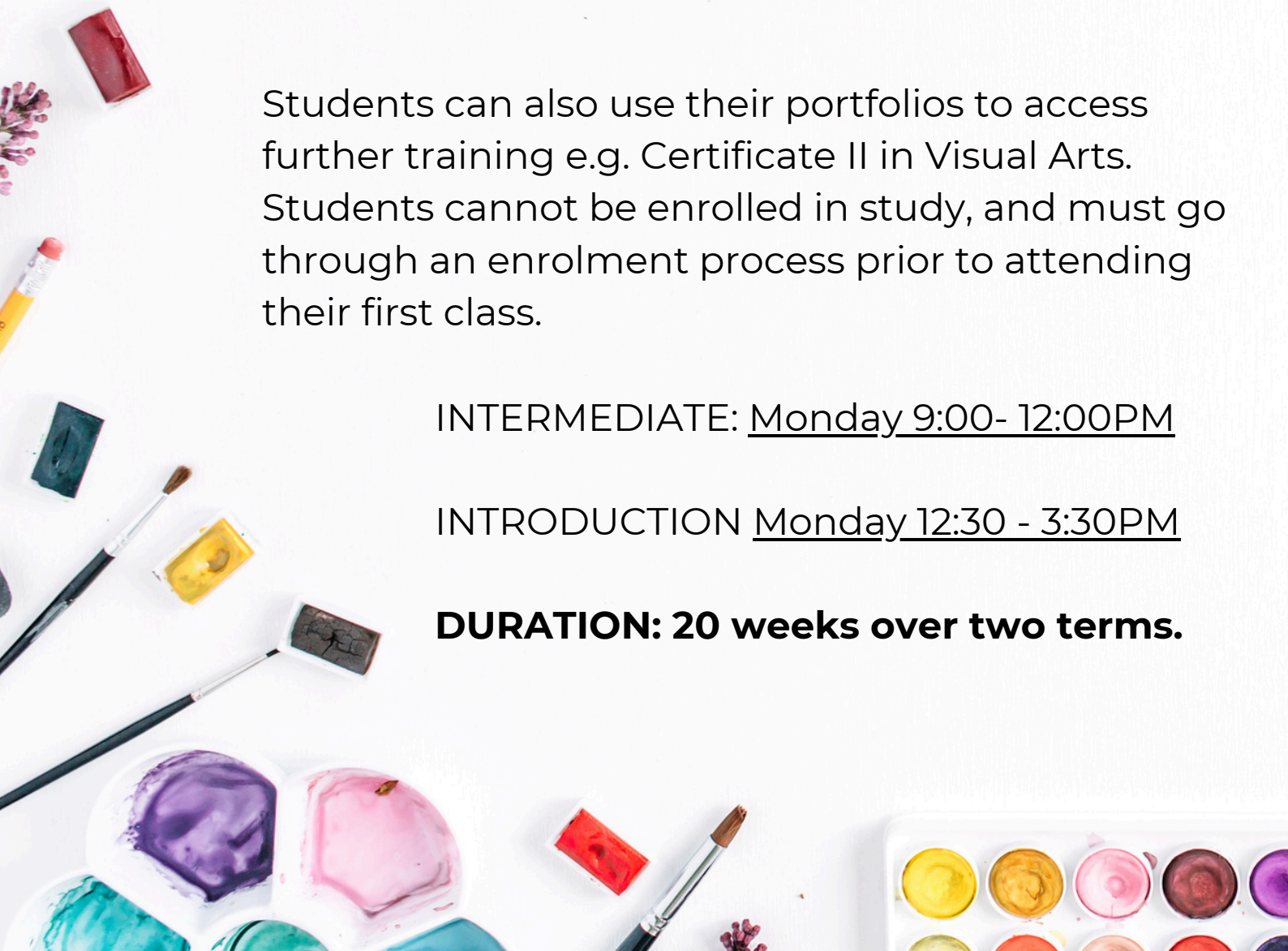
These pre-accredited courses is fully government funded and will run for 20 weeks over two terms, with a focus on drawing, paint, and mix media, this course is targeted at those looking for employment in the arts industry or to further develop their skills as an artist.

Students can also use their portfolios to access further training e.g. Certificate II in Visual Arts. Students cannot be enrolled in study, and must go through an enrolment process prior to attending their first class.

INTERMEDIATE: Monday 9:00- 12:00PM

INTRODUCTION Monday 12:30 - 3:30PM

DURATION: 20 weeks over two terms.



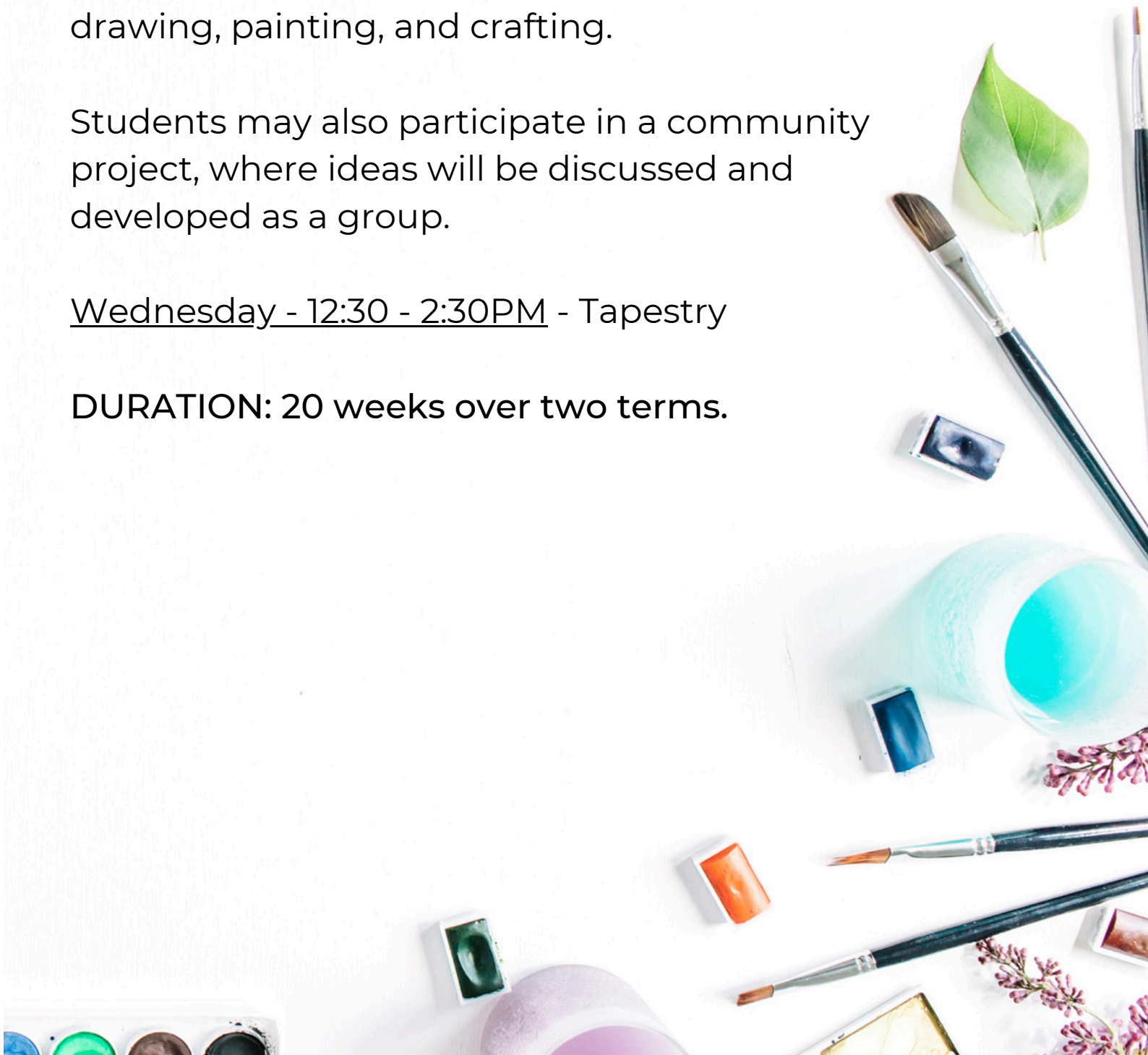
CREATIVE KINDNESS

Creative Kindness is a government funded, pre-accredited adults course where students will develop creative art making and writing skills to create art for themselves, their people, and community. A range of art will be covered from drawing, painting, and crafting.

Students may also participate in a community project, where ideas will be discussed and developed as a group.

Wednesday - 12:30 - 2:30PM - Tapestry

DURATION: 20 weeks over two terms.



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DANCE ADULTS

DANCE FIT - FAMILY FRIENDLY

With For THE LOVE OF DANCE

All fitness levels encouraged

Enrolments - [0405 776 038](tel:0405776038)

www.fortheloveofdance.com.au

CHILDREN

TINY GROOVERS (18 months +)

BALLET (2-5 years)

ACRO

DANCE MAGIC (3-12 years)

DANCE CLUB (3 - 16 years)

JUNIOUR/SENIOR DANCE

All fitness levels encouraged

Enrolments - [0405 776 038](tel:0405776038)

www.fortheloveofdance.com.au

KARATE 5+

KARATE 12+

KARATE 12+ Open Ages

All fitness levels encouraged

Enrolments - [0478 415 763](tel:0478415763)

Mail@healthbuddies.com.au

EDUCATION

STEM CLASS

(Science, Technology, Engineering and Mathematics)

With FOR THE LOVE OF SCIENCE

Enrolments - [0405 776 038](tel:0405776038)

www.fortheloveofscience.com.au

MENTAL HEALTH

Counselling & Life Coach

With Danny Lewis from Mind Connect.

Enquiries - [0412 468 867](tel:0412468867)

dannylew62@gmail.com

SOCIAL AND WELLBEING

CARERS SUPPORT GROUP

All Parents and Carers welcome. Meets fortnightly.

FREE PROGRAM

HI/LOW INTENSITY EXERCISE

Increase cardio fitness and muscle strength

Enrolments - Sandra [0407 104 400](tel:0407104400)

Cost \$15 Casual

SING FOR FUN - LYREBIRDS COMMUNITY CHOIR

All welcome to join in.

Enrolments - [0412 715 031](tel:0412715031)

thelyrebirdschoir@gmail.com

CRAFT GROUP

Bring along what you're working on and enjoy a chat and a cuppa while you make.

Enrolments:

Tuesday Craft Group - 5968 9031

FREE PROGRAM

KNIT A BIT, STITCH A BIT

Meeting once a month on the second Saturday.

Bring along what you're working on.

Knit a bit, Stitch a bit - [0400 034 470](tel:0400034470)

FREE PROGRAM

DIG IN

Meets 1st and 3rd Sundays of the month

Run by the Hills Community Garden Group.

FREE PROGRAM

CREATIVE ARTS

ART SKILLS - Intermediate and Beginners

A pre-accredited course focusing on essential skills, drawing, and painting.

CCH FREE PROGRAM - Bookings essential



Programs subject to change. To book into any of our programs, scan this QR code or speak to one of our helpful staff members.

TERM 1 PROGRAM

January - April 2025

Monday

9:00 - 12:00PM	Intermediate Art Skills FREE
12:30 - 3:30PM	Beginners Art Skills FREE
3:30 - 4:30PM	Hi/Low Intensity Exercise
4:30 - 5:15PM	Junior Dance
7:15 - 9:00PM	Sing for Fun @ St Lukes

Tuesday

10:30 - 1:00PM	Craft Group
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Wednesday

9:30 - 10:00AM	Tiny Groovers (18 months +)
10:00 - 10:30AM	ACRO (2-5 Years)
10:30 - 11:00AM	Jazz & Ballet (2-5 Years)
12:30 - 2:30PM	Creative Kindness, Tapestry FREE
3:30 - 4:30PM	Hi/Low Intensity Exercise

Thursday

9:30 - 10:30AM	STEM
11:00 - 11:30AM	Ballet (2-5 years)
11:30 - 12:00PM	ACRO (2-5 years)
12:00 - 12:45PM	Dance Fit - Family Friendly
5:25 - 6:00PM	Karate 5+
6:00 - 6:35PM	Karate 12+
6:40 - 7:20PM	Karate 12+ Open Ages

Friday

10:30 - 12:30PM	Carers Support Group (alternate Fridays) FREE
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Saturday

9:00 - 9:30AM	Junior Dance
9:30 - 10:00AM	Junior ACRO
10:00 - 10:45AM	ACRO
10:45 - 4:15PM	Knit a bit, Stich a bit (2nd Sat) FREE

Sunday

10:30 - 12:30PM	Dig In (1st & 3rd Sun) FREE
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Family Friendly
Dance, Karate,
Exercise

ARE YOU A TUTOR OR VOLUNTEER?

We have a range of volunteering opportunities at the House. From administration, social media, to hosting coffee groups, or volunteering your time as a tutor and sharing your passion. Volunteering helps you stay active and connected to your community and can also provide you with other opportunities.

We are always looking for new Tutors. If you are interested in running activities or programs at the house, give us a call. We have time available on weekdays, weeknights and over the weekend.

Call us on 5968 9031 or email cch@windana.org.au



The Pantry

For Community Members
experiencing food insecurity

Cockatoo Community House
proudly supports our community
with a free food pantry.

We humbly accept food or
monetary donations to keep the
pantry well stocked.

Experiencing food insecurity?
Visit The Pantry 24/7, 7 days a week
or talk to one of our friendly
team members.



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WINDANA
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Cockatoo Community House values diversity, inclusion and social justice and is dedicated to actively addressing discrimination and ensuring every individual is treated with dignity and respect.

We honour and celebrate our differences and uniqueness in cultural and linguistic background, ethnicity, sex, gender identity, intersex status, sexual orientation, age, disability status, health status and religious or spiritual beliefs.





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Cockatoo Community House values our community and would like to thank each and every person for their support.

Thank you

CONTACT

 03 5968 9031

 CCH@windana.org.au

 <https://windana.org.au/services/cch/>

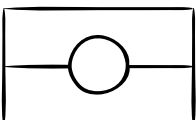
 23 Bailey Rd, COCKATOO

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To book into any of our programs, scan this QR
code or speak to one of our helpful staff members.**



Cockatoo Community House is based on the land of the Wurundjeri people of the Kulin nation. Sovereignty was never ceded.