

TERM 4

MONDAY

9.30am-11.30am *Playful Pottery* \$60/term
 10-11.30am *Bonsai with Lester* \$6/wk
 6.30-8.30pm *Book Club* (monthly) FREE

TUESDAY

9am-12pm *Stitches Sewing Studio* \$90/term
 9.30am-11.30am *Women's Group* donation
 10-11am *Coffee & Muffin Morning* \$2/wk
 12-1pm *Chi Kung* FREE
 1-2pm *Meditation Journey* FREE
 3.30-4.30pm *After School Tutor* FREE

WEDNESDAY

9.30-11am *Artful Acrylics* \$60/term
 12-2pm *Artful Acrylics* \$60/term
 3.30-4.30 *Kidz Klub Music Fun* \$40/term
 3.30-4.45 *Girls Group* FREE

THURSDAY

9.30am-11.30am *Playful Pottery* \$60/term
 12.30-2.30pm *Playful Pottery* \$60/term

BY APPOINTMENT

Computer Tutor \$5/wk
Genealogy \$5/wk

HOW TO FIND US

Armadale Road on the West side of the railway line—left at Gribble Avenue, right into Numulgi Street and we are located on the Reg Williams Reserve (previously the Ark Road Safety Centre).

Bus routes nearby: 243, 244, 245



Roberta Jull Community Care Association Inc. acknowledges financial & other support received from State Government through the Dept. for Child Protection & Dept. of Communities, Lotterywest, Armadale City Council. Special thanks to the CEO, Staff, Board Members, Tutors & volunteers who run, support & resource Minnawarra House.

Elaine Myburgh, President

Sponsored by:



Supported by



The Minnawarra House Family Support program is funded by the State Government through the Department of Communities

Second Bite
 Ending Waste. Ending Hunger.



SPRING

OCT TO DEC 2023

MINNAWARRA COMMUNITY HOUSE

24 Numulgi Street, Armadale
 PO Box 595, Armadale WA 6992
 Phone: 9497 1413

Email: minnahouse@bigpond.com
 Web: minnahouse.org.au
 Facebook: tinyurl.com/minnahouse

Office Hours:
 Mon-Thu, 9.30am-3pm

**PLEASE CALL AND REGISTER
 FOR ALL PROGRAMS**

FREE COUNSELLING

MINNAWARRA YOUTH AND FAMILY COUNSELLING: We offer free counselling for young people 10-18 years and their parents/guardians and family. It is recognised that the emergence from child to adult can be a trying time for young people and their parents.

This Service can offer counselling to assist children and adolescents and support families through times when it feels stressful, confusing, abusive, shameful and scary. **Cost (10-18 year olds): FREE**

FAMILY SUPPORT INDIVIDUAL/COUPLES

COUNSELLING: We also offer counselling for individual adults, couples, and for children under 10.



We can help you with anxiety, abuse, depression, addiction, trauma, grief, anger, domestic violence, self-esteem, relationship and family issues.

All counselling is provided by experienced qualified university-trained therapists.

Phone Minnawarra House on 9497 1413 and speak to Ruby-Sandra.

FREE HOLIDAY PROGRAMS!

LIMITED NUMBERS - CALL TO REGISTER

KIDZ KLUB

A group for Kids 6-12yrs old.
 ACTIVITIES: Arts & Crafts, Team Games, Movies

DATE: Tues & Thur, 26th & 28th Sept
TIME: 10AM - 1.30PM
COST: FREE

Awesome Teens

A group for Girls 11+.
 ACTIVITIES: Making Snacks & Watching Movies

DATE: Monday, 2nd October
TIME: 3PM - 7PM
COST: FREE

FREE FOOD BANK

We can provide fresh bread, vegetables, fruit and frozen soup packs to Concession Card holders.

Bread, and frozen soup available Tues 9.45-10.15am. Runs all through term, except after Monday public holidays.

Emergency Food Relief: Food hampers are available on Wednesday mornings - please ring to book an appointment. We can also provide a referral to Mobile Foodbank WA (discounted food boxes).

BIG THANKS TO SECOND BITE, SUNSHINE DIVINE KITCHEN, COLES ARMADALE, BEDFORDALE CWA NEW APOSTOLIC CHURCH & DONATIONS FROM SCHOOLS, FAMILIES & INDIVIDUALS

If you would like to support our Food Bank pantry with donations - please let us know.



COFFEE & MUFFIN MORNINGS

Come and join Diane at Minnawarra House and you can enjoy your choice of a cappuccino, latte, flat white or espresso coffee, or tea and Diane's freshly baked muffins.

Runs: 17th October - 12th December

Time: Tue 10-11am

Muffin & Coffee = \$2



Minnawarra House Book Review Club

Come and bring food to share along with your thoughts on the book of the month. Usually held the second Monday of the month.

Date: Monday, 16th October

Time: 6.30pm-8.30pm

Cost: FREE

Next book: *Nellie* by Robert Wainwright



COUNSELLING CONSULTANTS/THERAPISTS

- ★ Ruby-Sandra, Social Worker/Therapist, works with adolescents, adults, families & couples - Cognitive Behaviour Therapy, Emotional Focus Therapy, Couple Counselling, Family Therapy, and specializes in Sandplay Therapy.
- ★ Evelyn takes a collaborative and strength based approach drawing on strategies from a number of therapeutic models to best suite the individual and the timeframe available. She creates a safe space for each person to present their stories, insights and concerns; to be strengthened and challenged; and to develop stronger self reliance and respect for self and others. She brings warmth, humour and energy to the work in order to explore and understand what supports and restricts personal wellbeing.
- ★ Leonie, Art Therapist works with children, teenagers and adults, and runs groups for women.
- ★ Samantha (Sam), Music Therapist, provides therapy for children, teens and adults with behavioural, mental health, emotional dysregulation, who seek change, wellbeing, self-expression and fun. Sam runs fun music programs for children and teens. Sam is NDIS registered.
- ★ Katiya provides a safe space for children, adolescents and adults who wish to explore and express challenges they may be experiencing. Her underlying empathic and non-judgmental approach empowers clients to cultivate a stronger sense of self and learn a variety of skills to confront and manage their challenges. *Master of Counselling, ECU.* Katiya runs the Girls Group

THANK YOU TO ALL OUR PARTNERS:

- | | |
|--|-----------------------------------|
| ★ Sunshine Welfare Action Mission Inc. | ★ CWA Bedfordale |
| ★ Cannington-Armadale Family Support Network | ★ SecondBite |
| ★ Relationships Australia | ★ Gosnells Community Legal Centre |
| ★ Foodbank WA | ★ Kelmscott High School |
| ★ New Apostolic Church | ★ Parents Under Pressure (PUP) |

PAYMENTS: if paying for a group please make Direct Deposit as below:

BSB: 016-253

ACCOUNT: 4246-93795

REFERENCE: group and surname (eg: Pottery-Smith)

Stitches Sewing Studio

For a laidback time stitching, mending, embroidery, knitting, crocheting, quilting, patchwork or unfinished textile business: Come and have a great time at Minnowarra House. 9 week course with Stitch.

DATE: Tuesdays, 17th October to 12th December

TIME: 9am-12noon

COST: \$15/week OR \$90/term



Artful Acrylics

Creative play and expression is one of the most wonderful ways to relax, connect with a like-minded community, and treat yourself to some fun and self-care in the week. Whether you're a beginner, or an established artist, we all have something to teach each other. Tegan, our Art Teacher, will guide you through process, colour mixing, and technique, to contribute to a new piece, or a work you have in progress. 10 week class.



DATE: Wed, 11th October - 13th December

TIME: 9.30-11.30am & 12-2pm COST: \$60/term OR \$10/class

Playful Pottery

Learn clay techniques & glazing. Create something special for yourself using clay hand building. Your piece can be fired in the Minnowarra House kiln. Facilitated by talented local potter & Artist, Chris. 10 week class.

3 classes available:

Date: Mondays, 9th October - 11th December

Time: 9.30-11.30am

Date: Thursdays, 12th October - 14th December

Time: 9.30-11.30am & 12.30-2.30pm

Cost: \$60/term OR \$10/class + materials/firing



BONSAI WITH LESTER

Learn how to grow and care for a bonsai tree. Start your hobby now.

The ancient art of bonsai (literally translated as "planted in a container") has been practiced for well over a thousand years to create realistic interpretations of natural trees in miniature form. This manipulation of a living tree specimen is achieved through the use of restrictive potting, deliberate pruning, and shaping with bonsai wire.



Runs: Mondays 10-11.30am Dates: Jan-Dec exc. public holidays Cost: \$6/wk

FREE CHI KUNG EXERCISE CLASS

A gentle exercise class, similar to Tai Chi. Stretch the body, get the heart pumping. It will make you feel good all over. Suitable for all age groups.



No floor work, exercises done sitting or standing.

Time: Tue, 12-1 pm Dates: 17th October - 12th December Cost: Free

Womens Meditation & Encounter Journey With Ruby

Meditation techniques can help you relieve stress and tension, balance your mental, physical and emotional bodies, and give you more energy to enhance your daily life. Nine week course for women.



Dates: 17th October - 12th December Time: Tues 1-2pm Cost: Free

OPEN DAY

Come on down to Minnowarra House & meet the friendly staff! See all the facilities and find out what we do! Have a cuppa tea. Enjoy some **kids activities** and a free **sausage sizzle!** And tell us what you would like to do at Minnowarra House.

DATE: Wednesday, 27th September TIME: 10AM - 2PM

Please
RSVP

FREE TUESDAY AFTER SCHOOL TUTOR GROUP

Teacher, Chris is running a group for grades 1 to 6 (6-11 year olds), who need help and are struggling with schoolwork. The program aims to improve reading, writing, focus and maths abilities, using hands-on problem solving activities. 9 week course.

DATE: Tuesdays, 17th Oct - 12th Dec

TIME: 3.30-4.30pm

COST: Free



KIDZ KLUB MUSIC FUN with Sam

Explore your abilities and identity through creating music with each other. Using voice, drums, bells, shakers and *many* more exciting instruments, no musical experience is required. 8-week course.

Ages 6-12. *Limited numbers - please register and come along.*

COST: \$40 per 8wk course (paid at registration)

DATE: Wednesdays, 25th October - 13th December

TIME: 3.30-4.30pm



GIRLS GROUP

Girls, 11 years and up are invited along to Minnowarra House to have fun, play and learn new stuff to make the day's work easier.

In this group, the girls have the opportunity to engage in fun activities that foster new friendships, new skills, and personal development. This 8-week program will be run by Katiya.

DATE: Wednesdays, 25th October - 13th December

TIME: 3.30-4.45PM

COST: FREE



FIND MY ANCESTORS Genealogy for Beginners

Come and explore your family tree in a 3-week workshop. Continued help will be available after that. Bring any certificate or information you have - no matter how little you know, we can help you get started. Facilitated by Deborah.

Times: by appointment

Cost: \$5/session

Computer Lessons for Seniors

One to one lessons available: learn basic computer skills, word processing, browsing the internet, using Google search engine, set up an e-mail account and internet safety.

FOR: Seniors - 50 years +

TIME: by appointment

COST: \$5/session

You Know What I Mean Women's Group

An exploration of language in identifying, naming, and communicating emotions.

Learn where such feelings are coming from and articulate your feelings to others accurately! The group is based on Brene Brown's best-selling book 'Atlas of the Heart'. This will be a personal journey of safe conversation, journaling, and creative expression. You will explore emotional literacy as it relates to each person and where they are at in their journey - that is life as a means of improving our human connections and relationships.

A commitment is required to attend weekly, group is limited to 8 participants.

DATES: Tuesdays, 17th October - 12th December **TIME:** 9.30-11.30 AM

COST: Food donation to Pantry

Call Art Therapist Leonie on 0474 032 171 to register your interest.

Art Workshops

Art teacher, Tegan, will be running three one-day art workshops during the October holidays. All ages.

Tuesday 3rd October - Expressive Painting
Wednesday 4th October - Surreal Sculpture
Thursday 5th October - Zine Making



Time: 10AM-2PM

Cost: \$20 / day