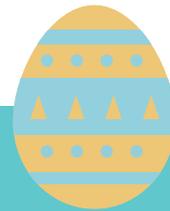




**MarionLIFE**  
Community Services Inc.  
something for everyone

- MARION MUGS COFFEE & CHAT GROUP
- EMERGENCY RELIEF & CRISIS SUPPORT
- FINANCIAL & BUDGET COUNSELLING
- COMMUNITY GARDEN
- MONEY MATTERS COURSES
- BIG DISH UP COOKING COURSES
- COMMUNITY MEAL & BREKKY FOR BLOKES
- MARIONLIFE YOUTH AFTER SCHOOL
- COMMUNITY NURSE & TAX HELP
- NO INTEREST LOANS & JUSTICE OF THE PEACE
- VOLUNTEER ROLES AVAILABLE

P: 8277 0304 E: INFO@MARIONLIFE.ORG.AU  
A: 887 MARION ROAD, MITCHELL PARK  
W: WWW.MARIONLIFE.ORG.AU



**FREE!**

25TH OF MARCH 2018

# EASTER IN THE PARK

9am - 11am

Free breakfast & activities for Young People  
RSVP 8275 8700

Maldon Avenue Reserve, Mitchell Park  
Street Parking Available



Friends who cook together,  
stay together



*Come Swish This Dish*

*Come share your  
cooking skills and learn*

Side Gate Café

Cnr Marion Road and Alawoona Ave, Mitchell Park

**Monday March 12**

**Monday March 26**

**Monday April 9**

**Monday April 23**

**Monday May 7**

Contact [peopleandplaces@junctionaustralia.org.au](mailto:peopleandplaces@junctionaustralia.org.au)

Or 8275 8700

for more information

# Adult Community Education programs

## **MARION CULTURAL CENTRE**

287 Diagonal Road, Oaklands Park

### **Preparing for Work**

**Wednesday 2nd May, 12:00pm-3:00pm for 10 weeks**

In this course you will learn how to highlight your employability skills by creating a personal profile, discover the importance of networking as well as ways to look for jobs. You will prepare your own resume and tailor it to suit different jobs. You will also work on ways to build your confidence, learn interview tips and much more.

FSKLRG07 Use strategies to identify job opportunities. Tutor: Ingrid

## **COOINDA NEIGHBOURHOOD CENTRE**

245 Sturt Road, Sturt  
8375 6703

### **Introduction to Café Work**

**Tuesday 1st May, 3:30pm-6:30pm for 10 weeks**

Have you ever wanted to work in a Café? This course will help you to: serve customers, prepare food, make a professional cappuccino, learn safety and hygiene procedures and build your confidence to work in a café environment.

FSKNUM09 Identify, measure and estimate familiar quantities for work. Tutor: Helton

*'These Adult Community Education courses offer units of competency from the Foundation Skills Training Package (FSK) and are funded by the Government of South Australia. Each student, on completion, will receive an academic transcript from TAFESA who are also responsible for the quality assurance of this training.'*

## **MITCHELL PARK NEIGHBOURHOOD CENTRE**

1 Cumbria Court, Mitchell Park  
8375 6804

### **Strum that cord! Guitar for Beginners**

A great new class for those of you who have always desired to learn the guitar. These lessons will cover the basic cords to get you on your way to becoming the next Jimi Hendrix.

Tuesdays 2pm - 3.30pm

Cost \$4 per week

### **Autism (ASD) 'Girls Connect' Social Group for Girls**

An activity based social group for primary school aged girls year 1 to year 7 and their families or carers to meet weekly.

Wednesdays (during school terms)

3.45pm - 4.45pm

Cost \$2 per week

For further information contact 8375 6804

### **Under Construction "Building Fun and Building Friendships"**

A social group for boys, in years 1 to 7 on the Autism Spectrum. Regular activities may include; lego table, board games and access to playground and sports equipment.

Each child must be supervised by a parent or carer during the session.

Fridays 4pm - 5.15pm (school term only)

Cost \$2 per week. Bring sun hat and water bottle.

### **Mandala Colouring**

A mandala is a sacred circle. It comes from the Sanskrit language and means circle or centre. Discover the therapeutic benefits of Mandala colouring in. Its simple shapes help to promote relaxation and helps support healing. A great way to relax and let your mind and body relax.

Tuesdays 1pm - 3pm

Cost \$2 BYO Lunch

### **Sewing Group**

Share your ideas and skills with others. Learn to make clothes and patchwork quilts for your family.

Tuesdays 10am - 2pm / Friday 10am - 1pm. Cost \$4 each session.

Crèche available Tuesdays only.

## **COOINDA NEIGHBOURHOOD CENTRE**

245 Sturt Road, Sturt  
8375 6703

### **Learn how to fall-proof yourself**

Did you know that a third of people aged over 65 experience a fall at least once a year, and that half of these are in and around the home? The good news is that many falls are preventable, so come along and learn why we fall and what steps you can take to reduce the risk of falling. Tuesday March 27

### **The Good Life**

A monthly lunch and information session on a range of topics covering wellbeing, lifestyle and health. Join us every month or view the topics below to find the ones that suit you.

Tuesdays Monthly 12.30pm - 2.30pm

\$11 or \$9 if registered with My Aged Care. Bookings essential

Phone 8375 6703

### **Games for fun and wellbeing**

Our lives are often busy and we don't seem to have time for fun. Playing games is beneficial for children and adults alike. It can be a source of relaxation, stimulation and enhancing our wellbeing. When we play we forget about our worries and experience a sense of engagement and pleasure. Tuesday February 13

### **Limit your Waste**

There are many ways you can avoid or reduce the amount of waste you create and lessen your impact on the environment. Our Waste and Recycling Education Officer will share some useful tips and ideas for making small changes to live more sustainably. Tuesday April 3. 12.30pm - 2.30pm

## **TROTT PARK NEIGHBOURHOOD CENTRE**

34 Hessing Crescent, Trott Park  
8387 2074

# For the Kids

### **Kids Hip Hop Classes**

A fun, casual dance class. Learn some cool moves and meet new friends.

Wednesdays 10.15am - 10.45 for 3 - 5 yrs. Thursdays 3.45pm - 4.30pm for 5 - 8 yrs

Cost \$5.00 per class

### **Kids Yoga**

With research documenting the benefits of yoga and mindfulness for kids, this is a great opportunity to help your child with fitness, flexibility, strength, balance, coordination, concentration & body awareness. Various times available, so please contact the centre. Only \$70 per term or \$10 casual

### **Strong Girls**

This program is designed to support and strengthen the wellbeing of our girls in a fun and accepting environment, focusing on different topics each week. Other options available if demand.

Tuesdays 4pm to 5.30pm. \$5.00 per week.

### **Girls Connect**

Autism (ASD) Social Group for Girls

Thursdays 5.00pm - 6.00pm

Cost \$2.00 per week