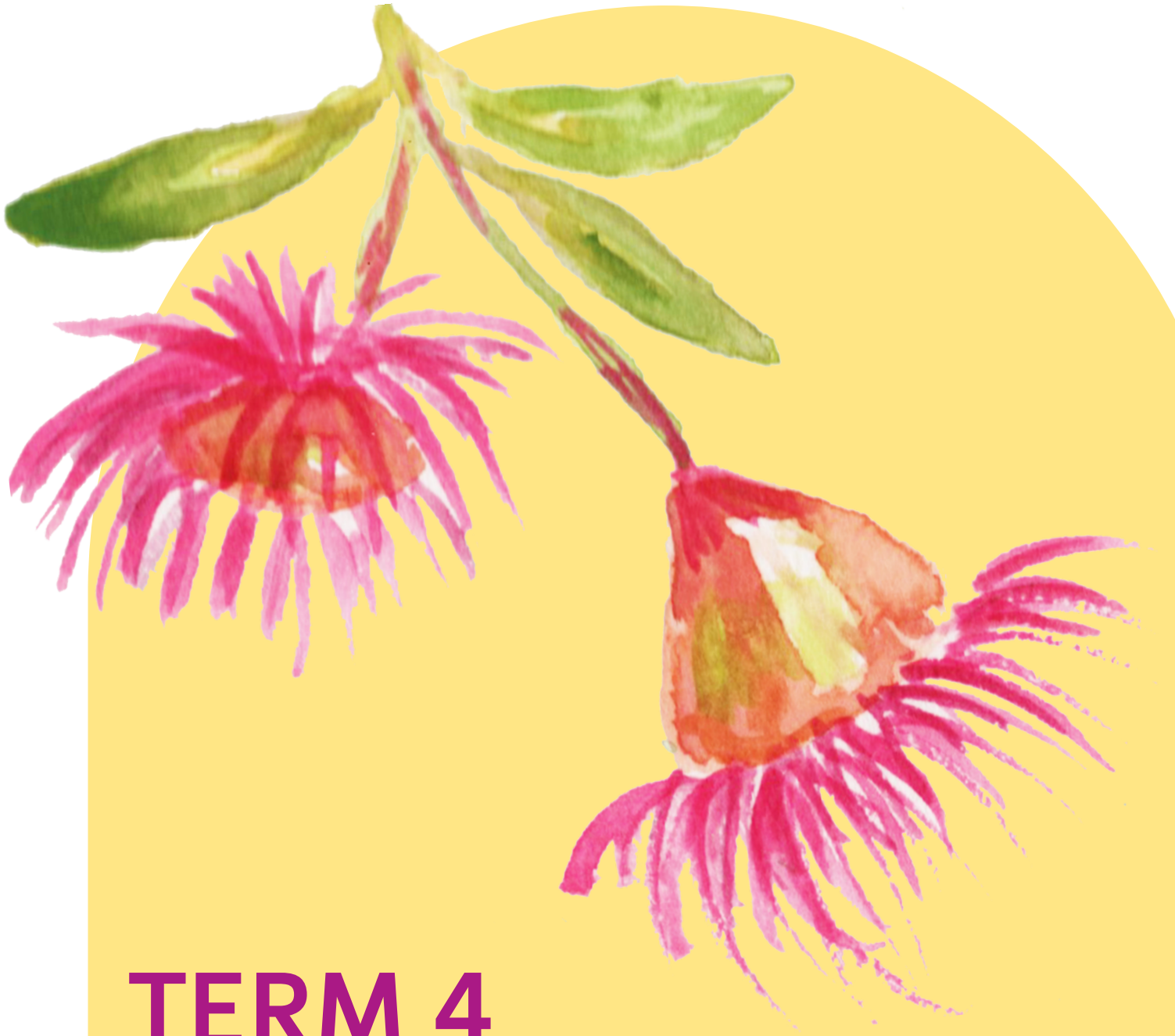




# Cockatoo Community House

supported by



## TERM 4 PROGRAM

October - December 2023



TaskForce is based on the lands of the Boon Wurrung and 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.



The Cockatoo Community House is supported by Taskforce. Our purpose is to empower people through life changing services, wraparound support, and pathways

TaskForce Community Agency plays an important role across communities in South East Melbourne, whether helping individuals and families due to challenges with alcohol and other drugs or family violence, or enabling people through education, training, and employment. Operating for 50 years, we aim to help realise the potential of every client, through achieving outcomes and working towards healthier lives, relationships, and communities.

Taskforce's areas of focus:

Alcohol and other  
drug treatment and  
mental health

Education, engagement,  
and employment support

Youth and family services,  
including family violence

# ADULT ART PROGRAMS

## INTRO TO ART SKILLS

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

This pre-accredited course 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.

Monday 10:00- 1:00PM

Wednesday 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.

Monday - 1:30 - 3:30PM

Tuesday - 9:00 - 11:00am (Baby Friendly Class)

**DURATION: 20 weeks over two terms.**

## BABY FRIENDLY CLASS

Our Tuesday Creative Kindness class is now baby friendly.

Providing a creative space for the community and parents with babies.

Tuesday - 9:00 - 11:00am



# PROGRAM INFORMATION

## DANCE ADULTS

JAZZ

CONTEMPORARY DANCE

DANCE FIT - FAMILY FRIENDLY

With For THE LOVE OF DANCE

All fitness levels encouraged

**Enrolments -**

[www.fortheloveofdance.com.au](http://www.fortheloveofdance.com.au)

## DANCE CHILDREN

TINY GROOVERS (18 months +)

BALLET (2-5 years)

ACRO

DANCE MAGIC (3-12 years)

DANCE CLUB (3 - 16 years)

JUNIOUR/SENIOR DANCE

With FOR THE LOVE OF DANCE

All fitness levels encouraged

**Enrolments -**

[www.fortheloveofdance.com.au](http://www.fortheloveofdance.com.au)

## EDUCATION

STEM CLASS

(Science, Technology, Engineering and Mathematics)

[www.fortheloveofscience.com.au](http://www.fortheloveofscience.com.au)

## CREATIVE ARTS

INTRODUCTION TO ART SKILLS

A pre-accredited course focusing on drawing, paint, and mixed media.

**FREE PROGRAM - Bookings essential**

CREATIVE KINDNESS

A Pre-accredited course running over 10 weeks with focusing on creating art for the community.

**\*\*TUESDAYS NOW BABY FRIENDLY\*\***

**FREE PROGRAM - Bookings essential**

## SOCIAL AND WELLBEING

CARERS SUPPORT GROUP

All Parents and Carers welcome. Meets monthly.

**FREE PROGRAM**

PARENT BABY YOGA

Yoga for Parents and their Babies

**Cost \$160 term \$20 Casual**

HI/LOW INTENSITY EXERCISE

Increase cardio fitness and muscle strength

**Cost \$15 Casual**

BOXING FOR FITNESS

Cardio fitness

**Cost \$15 Casual**

SING FOR FUN - LYREBIRDS COMMUNITY CHOIR

All welcome to join in.

Please call 0412 715 031 for information.

**Cost: \$10**

CRAFT GROUP & KNIT A BIT, STITCH A BIT

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

**FREE PROGRAM**

DIG IN

Meets 1st & 3rd Sunday

Run by The Hills Community Gardens

All welcome to join in. Please email

[hillscommunitygardenscockatoo@gmail.com](mailto:hillscommunitygardenscockatoo@gmail.com)

**FREE PROGRAM**

## DROP IN

INTERNET, COMPUTER AND PRINTER ACCESS

Drop in for free wifi or use of our computer.

Please call ahead.

**Monday - Friday Please call ahead.**

# TERM 4 SCHEDULE

## Monday

10:00 - 1:00PM	<u>Introduction to Art Skills</u> <b>FREE</b>
1:30 - 3:30PM	<u>Creative Kindness</u> <b>FREE</b>
3:30 - 4:30PM	<u>Hi/Low Intensity Exercise</u>
4:30 - 5:15PM	<u>Junior Dance</u>
7:15 - 9:00PM	<u>Sing for Fun.</u>

## Tuesday

9:00 - 11:00AM	<u>Art Class (Baby F'ndly)</u> <b>FREE</b>
10:30 - 1:00PM	<u>Craft Group</u>

## Wednesday

9:30 - 10:00AM	<u>Tiny Groovers (18 months +)</u>
10:00 - 10:30AM	<u>ACRO (2-5 Years)</u>
10:30-11:00AM	<u>Ballet (2-5 Years)</u>
12:30 - 3:30PM	<u>Introduction to Art Skills</u> <b>FREE</b>
3:30 - 4:30PM	<u>Hi/Low Intensity Exercise</u>
7:00 - 8:00PM	<u>Contemporary Dance</u>
8:00 - 8:45PM	<u>Jazz</u>

## Thursday

9:30 - 10:30AM	<u>STEM</u>
11:00 - 11:30AM	<u>Ballet (2-5 years)</u>
11:30 - 12:00PM	<u>ACRO (2-5 years)</u>
12:00 - 12:45PM	<u>Dance Fit - Family Friendly</u>
1:00- 2:00PM	<u>Boxing for Fitness</u>

## Friday

10:30 - 12:30PM	<u>Carers Support Group (alt Fri)</u> <b>FREE</b>
2:30 - 3:00PM	<u>Junior Dance</u>

## Saturday

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

## Sunday

10:30 - 12:30PM	<u>Dig In (1st &amp; 3rd Sun)</u> <b>FREE</b>
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# 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@taskforce.org.au](mailto:cch@taskforce.org.au)



# The Pantry

For Community Members  
experiencing food insecurity

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

We are humbly accepting 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.

TaskForce 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.



A soft, pink watercolor illustration of a flower, possibly a gerbera, serves as the background for the upper half of the image. The petals are rendered with delicate, layered brushstrokes in various shades of pink and light yellow, creating a gentle, artistic feel.

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

A solid, bright yellow rectangular block provides a contrasting background for the 'Thank you' text, which is written in a black, elegant cursive script.

*Thank you*

# CONTACT



 03 5968 9031

 CCH@taskforce.org.au

 [www.taskforce.org.au/cch](http://www.taskforce.org.au/cch)

 23 Bailey Rd, COCKATOO

## SUPPORTED BY



**Programs subject to change.  
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.

