



SouthPort Community Centre Inc.

YOUR LOCAL NEIGHBOURHOOD HOUSE

154 Liardet Street, Port Melbourne

**Monday - Friday
9.30 am - 4.30 pm**

Phone: **9645 1476**



reception@southportcc.org.au
www.southportcc.org.au

EDUCATION FOR LIFE

CUSTOMER SERVICE TRAINING



Gain skills & confidence!
Practical + classroom based training

ARCS (Applied Reception & Customer Service) Training

Innovative learning program in a **small group setting** teaching **real-life work skills** in on-the-job environment, combined with classroom & project based learning. 6.5 hrs per week over 22 weeks on Tuesdays + practical weekly training shift.

Cost: FREE *** / \$100

More information on 9645 1476 or reception@southportcc.org.au



LITERACY CLASSES FOR ADULTS

Tuesdays 1 - 3 pm
Improve your literacy and numeracy skills.
10 weeks. Cost: FREE / \$50 / \$90**

HEALTH & WELLBEING

EXERCISE FOR ALL AGES Cost: \$7 per session
Mondays 9.15 - 10 am at Sol Green Centre, South Melbourne
Fridays 9.15 - 10 am at South Melbourne Community Centre

STRETCH CLASS Cost: \$10 per session
Tuesdays 9.15 - 10 am at Sol Green Centre, South Melbourne

BARRE Developing strength, flexibility and balance through your hips and core. Everyone is welcome.
Wednesdays 9.15 - 10 am Cost: \$10 per session

ACCESSIBLE YOGA for participants with mobility issues. Gentle guidance through simple stretches, breathing and relaxation.
Thursdays 10.15 - 11.15 am Cost: \$20 / 4 session

* Please enquire about our fee structure for ACFE funded courses

** Non-permanent Australian resident price

*** SPCC free for concession card holders and unemployed

NON-PROFIT COMMUNITY-BASED ORGANISATION
PROVIDING CLASSES, GROUPS AND PROGRAMS
FOR LOCAL RESIDENTS.

ACTIVITIES

DIG IN COMMUNITY GARDEN

Cost: \$30 - \$70 p/y.

Working Bee 1st Sunday of month 10 am

Community garden plots

Call us for more info.

BRIDGE

Donation for refreshments

Tuesdays 2 - 4 pm

ART & PERFORMANCE

CITY OF VOICES COMMUNITY THEATRE

Learn performance skills & participate in theatrical productions.

All welcome. Contact us for details on how to become involved.

Wednesdays 4.30 - 7 pm

ART CONNECT

Relaxed environment. No artistic skills needed. Materials supplied.

Wednesdays 10.30 am - 12.30 pm

Cost: \$5 or \$2.50 conc.

SHARE & CARE ENTERTAINERS

Wednesdays 12.30 - 2 pm

We tap dance and entertain the community. All ages group.

New members & beginners welcome.

Cost: \$7 per session

VOSSANOVA choir for people who sing for enjoyment. Learn to sing in a variety of styles and develop skills in songwriting, harmonising, breathing techniques, confidence, and much more.

Tuesdays 1 - 4 pm

Cost: FREE

For more details or to apply call us on 9645 1476

RECREATION GROUPS FOR PEOPLE WITH MENTAL HEALTH ISSUES

MONDAY DROP IN

Cost: Donation for meal and activity. Requires booking.

Mondays 11 am - 2 pm

WOMEN'S ACTIVITY GROUP

every 2nd Friday 12.30 - 3.30 pm

Cost: \$5+ per session. Requires booking.

FAMILY FRIENDLY

GET OUT OF TOWN

School holiday family program. Great free activities for concession card holders. 3 day activities per term.

Call us for more info on 9645 1476

SPECIAL PROGRAMS

WATERFRONT WELCOMERS

If you're passionate about Port Melbourne and love meeting new people, the Waterfront Welcomers are keen to welcome you aboard as a volunteer.

For more information contact Brian on 0400 642 667

SPEAKING OUT

A communication, confidence building & leadership course for people living in public or social housing.

9 weeks. Cost: Free

Thursdays 1.30 - 3.30 pm

STORIES OF THE SOUTH SIDE

14 weeks x 3 hrs. Cost: Free

Wednesdays 1.30 - 4.30 pm

More info on 9645 1476 or reception@southportcc.org.au

Call us on **9645 1476**
or visit **www.southportcc.org.au**

We gratefully acknowledge the support of our funders:

