



# **CAMDEN HAVEN COMMUNITY COLLEGE**

## **TAREE PROGRAM GUIDE**

### **Jan - Apr 2021**

***Welcome to our Taree Community & Happy New Year!***

We are excited to present the following range of courses to the Manning Valley Region, with both Lifestyle and Accredited programs.

Our vision in 2021 is to further develop our programs in Taree, with low cost and subsidised positions, so that everyone in the community has an opportunity to learn and grow in a friendly, supportive and inclusive environment.

There are participant limitations, so please be quick to enrol to secure your spot and avoid missing out.

Please note: Depending on current NSW Government restrictions, when attending classes all students are required to sign in with a QR code or on a COVID-19 checklist and adhere to social distancing and hygiene measures.

### **How to Enrol**

**Visit our Website**

<https://www.chace.org.au>



**Give us a call**

(02) 6559 6699



**Email our Office**

[admin@chace.org.au](mailto:admin@chace.org.au)



## LIFESTYLE COURSES

### COMPUTING BASICS— with Rob Martin

Are you changing jobs, thinking of going back to study or simply feeling you want to improve your skills? This course may give you the foundation and confidence to explore new paths. We will cover using Windows, word-processing, spreadsheets, key-boarding and typing and general problem solving. This training is subsidised by the NSW Government.

LOCATION	DATE	TIME	SESSIONS	\$
Shop 5-6, 11-17 Manning St Osborne Chambers, Taree	Tues 2 Feb	12pm—2pm	3	0

### DOCUMENT FORMATTING & DESIGN – with Peter Green

Learn how to revamp your CV, create a magazine article or design a business flyer. Using Microsoft Word, learn the basics of typographical layout design and advanced formatting techniques.

**Please bring:** your computer with Microsoft Word if you have one; a magazine you like the style of; notepad and pen; text and images for a document you would like to create or design. This training is subsidised by the NSW Government.

LOCATION	DATE	TIME	SESSIONS	\$
Shop 5-6, 11-17 Manning St Osborne Chambers, Taree	Mon 1 Mar	9am—4:30pm	1	0

### DSLR PHOTOGRAPHY: AN INTRODUCTION – with Peter Green

Turn your dial off Auto and get to know your DSLR camera to unleash its full potential. Please bring your DSLR, a notepad and pen.

**Note:** The second session will be a three-hour local walk to practice photo taking. 8am—11am. This training is subsidised by the NSW Government.

LOCATION	DATE	TIME	SESSIONS	\$
Shop 5-6, 11-17 Manning St Osborne Chambers, Taree	Mon 15 Mar	9am—3pm	3	0

### MENTAL HEALTH FIRST AID— with Bev Moss

This training will teach you practical skills to recognise common mental health problems; provide initial help using a practical evidence-based Action Plan; seek appropriate professional help; and respond to a mental health crisis situation. It is an educational course, not a support or therapy group. MHFA is suitable for businesses, volunteers, organisations, and any member of the community. This training is subsidised by the NSW Government.

LOCATION	DATE	TIME	SESSIONS	\$
Shop 5-6, 11-17 Manning St Osborne Chambers, Taree	Mon 22 Feb & 8 Mar	9am—4pm	2	0

## LIFESTYLE COURSES

### PORTUGUESE FOR BEGINNERS – with Vanessa Lima

A language of love used among many great artists and writers; Portuguese is a beautiful language which you will easily fall in love with. It is the sole language of Brazil, Portugal, Cape Verde, Guinea-Bissau, Mozambique, Angola and São Tomé and Príncipe.

LOCATION	DATE	TIME	SESSIONS	\$
Shop 5-6, 11-17 Manning St Osborne Chambers, Taree	Fri 12 Feb	6pm—7:30pm	6	130

### RESONATE WITH LIFE AGAIN! – with Jenn Watts

Are you the walking dead or are you Resonating with Life?! Come along and learn some fun techniques such as clay sculpting, movement, meditation, music, painting and more—which you can activate in your everyday life. All abilities, ages and walks of life welcome!

LOCATION	DATE	TIME	SESSIONS	\$
Manning River Sailing Club, William Wynter Drive, Taree	Tues 16 Feb	10am—11:30am	6	140

### TABATA TRAMPOLINE WORKOUT— with Vanessa Lima

TTW is a high intensity workout on a single-person trampoline and is paired with a unique Tabata playlist. Using a combination of jumping movements with a break between sets, this super fun and enjoyable class will improve your endurance, strength, coordination, wellbeing and overall health. **Note:** Anyone suffering from back, joint or feet problems or with existing heart issues should not attend.

LOCATION	DATE	TIME	SESSIONS	\$
Manning River Sailing Club, William Wynter Drive, Taree	Wed 17 Feb	7am—7:45am	6	80

## TECH SAVVY SENIORS

A NSW Government initiative in partnership with Telstra for seniors aged 60 & over.



COURSE NAME	LOCATION	DATE	TIME	\$
<b>Introduction to Computers</b> BYO Laptop.	Shop 5-6, 11-17 Manning St, Osborne Chambers, Taree	Tues 2 Feb	9:30am—11:30am	0
<b>Introduction to Tablets: iPad</b> BYO portable device.		Tues 9 Feb	9:30am—11:30am	0
<b>Introduction to Tablets: Android</b> BYO portable device.		Tues 16 Feb	9:30am—11:30am	0

## ACCREDITED COURSES



### CHC33015 CERTIFICATE III IN INDIVIDUAL SUPPORT (Ageing & Disability)

#### Upcoming Courses

##### Taree

###### **Enrolment and Information session**

Wednesday 20 January, 9:30am—12:30pm.  
Course commences 25 January 2021.

###### **Location**

Shop 5-6, 11-17 Manning St,  
Osborne Chambers, Taree NSW 2430

##### Tuncurry

###### **Enrolment and Information session**

Thursday 21 January, 9:30am—12:30 pm.  
Course commences 1 February 2021.

###### **Location**

Venue of course TBA. Info session held at  
Taree training room—see Taree course.

### HLTAID001 PROVIDE CARDIOPULMONARY RESUSCITATION & HLTAID003 PROVIDE FIRST AID

#### Upcoming Courses

Friday 5 February 2021 | Friday 5 March 2021  
9am to 5pm | 9am to 5pm

These First Aid courses will be held in our Taree training room—Shop 5-6, 11-17 Manning St, Osborne Chambers, Taree NSW 2430. Course fee is \$0 for eligible students.

### CHC43015 CERTIFICATE IV IN AGEING SUPPORT

#### Upcoming Course

###### **Enrolment and Information session**

Friday 12th Feb, 9:30am to 12:30pm  
Course commences 19th Feb 2021

###### **Location**

Shop 5-6, 11-17 Manning St, Osborne  
Chambers, Taree NSW 2430