






MONDAY	MONDAY CONT	TUESDAY	WEDNESDAY
<p><b>Intermediate Sewing</b> <b>9:30am–12:00pm from Feb 3</b> Build on your sewing skills with a range of exciting projects. Cost \$30/\$20 (concession) per term includes teaching class and morning tea.</p>  <p><b>Beginners Sewing</b> <b>9:30am–12:00pm from Feb 3</b> Come and join the beginners sewing class and learn how to make basic items of clothing. Cost \$30/\$20 (concession) per term includes teaching class, materials and morning tea.</p>	<p><b>Money and Me</b> <b>1:00pm–3:00pm from Feb 3 to Mar 23 (8-weeks)</b> A Good Shepherd program providing information, money management skills and coaching to help people make better financial decisions.</p> <p><i>Bookings are essential prior to commencement. Please email Christian at <a href="mailto:financialcapabilitywest@goodshep.org.au">financialcapabilitywest@goodshep.org.au</a> or call or text 0491 152 910</i></p> 	<p> <b>Building Blocks Young Parents Supported Playgroup</b> <b>10:30am–12:30pm from Feb 18</b> Meet other young parents, build your parenting confidence and foster your child's early learning.</p> <p><i>Enrolment is required prior to commencing. Please contact the <b>office</b> on 8312 8800.</i></p> 	<p><b>First Steps New Parent Group</b> <b>10:00am–12:00pm from Feb 5 to Mar 11 (6-weeks)</b> This facilitated program is delivered to new parents and covers a range of topics including getting to know you, family health and wellbeing, first steps and more.</p> <p><i>Delivered by Brimbank City Council. Please contact Early Years Support Facilitator on 9249 4388 or email <a href="mailto:firststeps@brimbank.vic.gov.au">firststeps@brimbank.vic.gov.au</a></i></p> 

THURSDAY	THURSDAY CON'T	THURSDAY CON'T	FRIDAY
<p> <b>Parallel Learning Playgroup 1 - Vietnamese-English</b> <b>10:00am-12:00pm from Jan 30</b> Meet other Vietnamese-English speaking parents and develop your child's early learning.</p> <p><i>Delivered by Australian Vietnamese Women's Association Inc.</i></p> <p><b>Foundation House Counselling</b> <b>2:00pm to 3:00pm from Jan 30</b> Supporting clients of refugee background.</p>  <p><b>Foundation House</b> The Victorian Foundation for Survivors of Torture Inc.</p>	<p><b>Parents Under Pressure</b> <b>5:30pm-7:30pm from Feb 7 to Mar 28 (8-weeks)</b> A Good Shepherd program aiming to support fathers who are feeling stressed and finding it hard to manage their child's behaviour.</p> <p><i>Enrolment is required prior to commencing. Please contact the Emma or Lynda on 8312 8800 or email <a href="mailto:PUPStAlbans@goodshep.org.au">PUPStAlbans@goodshep.org.au</a></i></p>	<p><b>Parents Under Pressure</b> Free Support Group for Fathers</p>  <p>The group will run for 8 consecutive weeks for a duration of 2 hours. The group size is limited to 8 people per group. Food will be provided.</p>	<p> <b>Parallel Learning Playgroup 2 - Vietnamese-English</b> <b>10:00am-12:00pm from Jan 31</b> Meet other Vietnamese-English speaking parents and develop your child's early learning.</p> <p><i>Delivered by Australian Vietnamese Women's Association Inc.</i></p>  <p><b>AUSTRALIAN VIETNAMESE WOMEN'S ASSOCIATION INC.</b> <b>HỘI PHỤ NỮ VIỆT ÚC</b></p>