

The Place Welcomes Evolve Psychology



Evolve Psychology Service (EPS) will be providing services at The Place every Friday from 8:30am to 5pm in The Avenue. EPS provides psychological therapy, specialising in working with teenagers with mental health issues. The service however, is available to anyone desiring therapy.

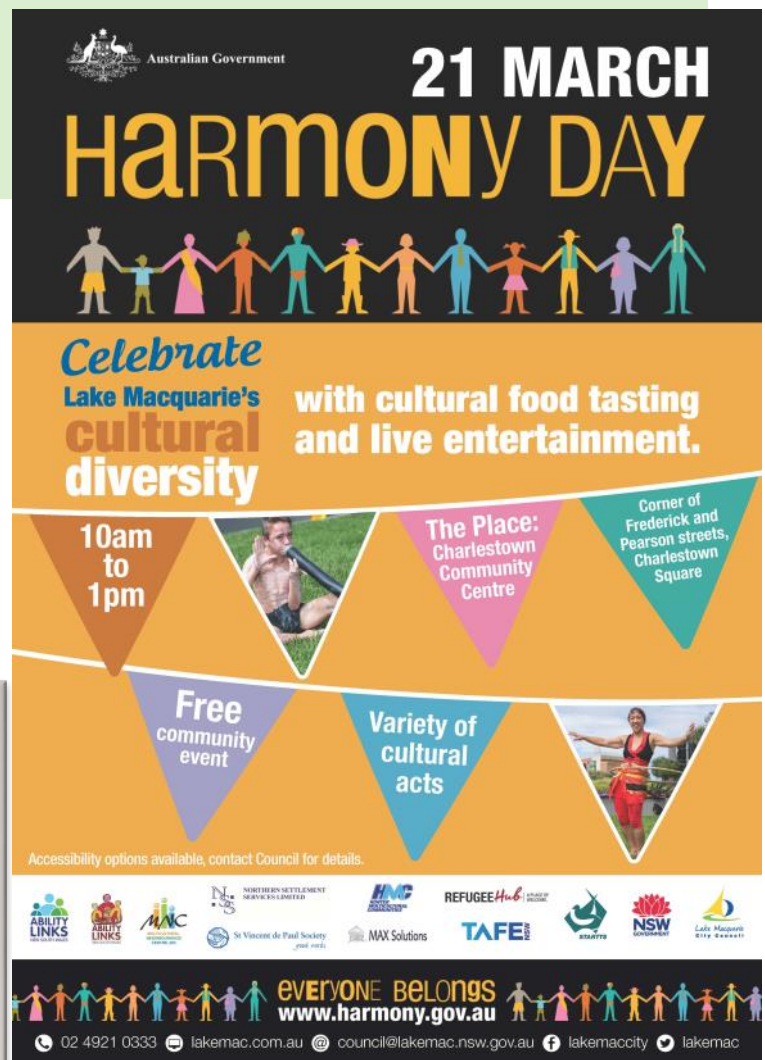
Moira Sylvia is a psychologist who has worked in a public and private capacity in New Zealand, Queensland, and New South Wales. She is passionate about helping people lead satisfying and fulfilling lives and aims to create positive change using a strengths-based and solution-focused approach. In addition, Moira draws on a range of relaxation and mindfulness-based techniques and works from an holistic perspective believing that optimal happiness and wellbeing involves the combination of both mental and physical health.

Please contact Moira to discuss scheduling an appointment at contact@evolvepsychologyservice.com or call 0404 377 233

Harmony Day Celebrations

We are thrilled to once again have the Lake Macquarie City Council Harmony Day Celebration at The Place. The **FREE** event is a celebration of the rich heritage and cultural diversity of the Lake Macquarie community.

Join us and enjoy a variety of live entertainment and cultural acts as well as cultural food tasting.



21 MARCH
HARMONY DAY

Celebrate Lake Macquarie's cultural diversity with cultural food tasting and live entertainment.

10am to 1pm

The Place: Charlestown Community Centre

Corner of Frederick and Pearson streets, Charlestown Square

Free community event

Variety of cultural acts

Accessibility options available, contact Council for details.

EVERYONE BELONGS
www.harmony.gov.au

02 4921 0333 | lakemac.com.au | council@lakemac.nsw.gov.au | [lakemacity](https://www.facebook.com/lakemacity) | [lakemac](https://www.instagram.com/lakemac)



The Avenue Available for Hire

The Avenue is a private, furnished, fully accessible and serviced office space. The well appointed room accommodates up to 4 people and is available for permanent hire on Thursdays from 8:00am to 5:00pm

Hire is inclusive of utilities, internet access, staff amenities, non consumable office resources, and parking!

Additional services available include:

- Landline phone
- Printing, laminating, binding
- Reception services

[Email admin@theplacecharlestown.org.au to enquire](mailto:admin@theplacecharlestown.org.au)



What's On: Regular Activities at The Place

Mondays

New Body New Life: Over 50's Exercise

9:15am - 10am Beginners Class \$8
10am- 11am Regular Class. Enjoyable fitness classes for adults. \$12/class, \$10/class concession. 1st class complimentary. Contact Nancy on 4943 7114

Julie Logan Music - Sing Play Learn

Fun and educational music classes for children & accompanying adults. 9 week terms.
10.30am - 11.15am
11:30am - 12:15pm
Babies: \$136/term Toddlers: \$169/term.
Discounts for siblings. Contact Julie on 4963 2026

Charlestown Caterpillars Playgroup

10am - 12pm during school terms. A fun morning of play and craft for children aged 0 - 5 years and their parent/carers. \$35 Term 1 Contact The Place on 4032 5500

I Can Cook with DSA

10am - 1pm weekly. NDIS supported. Bookings essential, contact DSA on 1300 372 121

Tuesdays

Eastlakes U3A - Balance & Bones

8:15am - 9:15am Weekly in school term. For enquiries & info visit www.eastlakes.u3anet.org.au

Eastlakes U3A - Movie Club

9:00am– 12:00pm on **27 March**. For enquiries & info visit www.eastlakes.u3anet.org.au

Charlestown Square Tuesday Club

9.30am - 12pm in school term. Senior ladies friendship group who meet weekly for a social morning, with guest speaker, entertainment or games. Optional outings during the year. Cost \$6 per week. For details contact The Place on 4032 5500

Weight Watchers

10am - 11am. Weekly meeting for Weight Watchers members. Make friends, share tips, get motivated, get started. For more details call 131997

Hunter Boccia Training

3:30pm - 6pm. Contact Lucy Bates on 4954 3473 or email hunterboccia@bigpond.com

Challenge Community Connexions Cooking Class

10:00am - 12:30pm Support for young people with disabilities. Call Jonathan on 0407 367 434 or email jonathan.daley@challengecommunity.org.au

Tuesdays Continued...

Athena Dance (TMP Dance Studios)

6:45pm - 8:15pm during school terms. A new dance program just for women incorporating various styles of dance. Child friendly classes. \$153/term. Contact Tina
info@tmpdancestudios.com.au

Newcastle Irish Set Dancers

7.15pm - 9.15pm. Social classes in Irish Set Dancing (folk dancing) for adults, no experience necessary. \$6/class. Contact Julia on 4955 5701

Sahaja Yoga

7:30pm - 9pm Weekly in school term. Use the Sahaja Yoga meditation technique to bring about a state of thoughtless awareness, quieten your mind, and connect to your inner self and the all-pervading energy. **FREE** (Gold coin donation appreciated) No booking required. Contact Catherine 0457 771 599

My Baby Basics: CPR & First Aid for Parents

Date: **27 March**, 12 - 3pm

Bookings essential

Cost: \$70

Contact Sharyn on 0411 496 708

Bookings: www.mybabybasics.com.au

Wednesdays

Tai Chi (Australian Academy of Tai Chi)

9am - 10am Tai Chi Club, 10am - 11am Beginners Tai Chi, Shibashi 1 / 2, Tai Chi Levels 1– 6, Pre Weapons & Sword. 10 week terms during school terms. \$90/term (\$85 concession). Casual classes \$10/week. Contact Patricia 0438 469 442

I Can Cook with DSA

10am - 1pm weekly. NDIS applicable. Bookings essential, contact DSA on 1300 372 121

Dementia Carer Support Group

10am - 12pm **21 March**.

Contact Mary on 4924 6146

Kanga Karate

4pm - 4.45pm, (4 year old's)

4.45pm - 5.30pm (ages 5-7 years)

5:45pm - 6:30pm (adults– International Goju Karate) \$127 beginners with uniform

Karate Classes for kids. \$29.99 for first 5 classes & uniform. To register contact Rod on 0415 988 931

Thursdays

Stretch, Relax & Smile Yoga

8:30am - 9:30am Friendly classes, everyone welcome. \$12 or \$10 concession. Call Sandra on 042 333 4405 for information

Closed on Good Friday, 30 March

Thursdays continued...

Little Kickers

Fun, engaging soccer based classes for children.
10.30am - 11.15am (ages 2 years - 3.5 years)
11.30am - 12.15pm (ages 3.5 years - 5 years)
\$99 for 6 classes. One-off membership fee \$55
(includes uniform). Contact Adam 0425 367 253

Northern Settlement Services Ltd

10am - 12:30 pm **15 March Chinese Social Support Group**. Contact Dongmei on 4969 3399

Active Kids Martial Arts Taekwondo

5pm - 6pm. Fun classes to build fitness, flexibility, confidence, self-defence skills & coordination.
\$60/term. Family discounts available.
Contact Darrel on 0412 762 772

Para Taekwondo

6pm - 7pm A rewarding program for children and young adults for whom life has provided additional challenges in the form of disabilities. \$60/term.
Contact Darrel on 0412 762 772

Eastlake Youth Centre

6.30pm - 9pm. Free, supervised weekly activities for ages 12 - 17 years. Pool tables, table tennis, music, DVDs and snacks. Contact 49 488 488

Fridays **30 March Public Holiday**

Young Parents Group

11:45am - 2:15pm. In school term. A fun afternoon of play and craft for parents in their teens / twenties and their children. Free to attend. Refreshments provided. Contact The Place 4032 5500
www.facebook.com/YPGCharlestown

New Body New Life: Over 50's Exercise

9.30am - 10.30am gentle exercise
10.30am - 11.30am regular exercise
Enjoyable fitness classes for adults. \$12/class, \$10/class concession. 1st class complimentary.
For more information contact Nancy on 4943 7114

Qigong for a Healthy Life

9:30am - 10:30am. Beginners class, all welcome.
10.30am - 11.30am. Gentle class for all abilities.
Based on 'Tai Chi for Arthritis' Program by Dr Paul Lam. \$6/class. Contact Adrienne 0428 553 317

Eastlakes U3A - Androids for Beginners

10:15am - 11:45am Weekly in school term. For enquiries & info visit www.eastlakes.u3anet.org.au

Saturdays

Weight Watchers

8am - 9am. Weekly meeting for Weight Watchers members. Make friends, share tips, get motivated, get started. For more information call 131 997



Venue Hire & Services

The Place has a fantastic range of rooms available for hire.

All rooms are fully equipped with audio-visual technology.



Workshops | Interviews | Meetings | Birthday Parties | Family Functions | Training

Services Available @ The Place

Print, Fax, Scan, Copy, Laminate, Bind

Bus Information (No timetables)

FREE Community Book Exchange

FREE Community Artists Display Space

JP Service by appointment - Wednesday & Friday



Self Esteem Foundations Workshop Charlestown

Would you like to improve your self esteem? Do you give yourself a hard time with self criticism? This workshop will give you basic skills and strategies around positive self-talk and assist in healing your "mud messages". Find out how self esteem develops and why women are vulnerable to having low self-esteem

The Place Community Centre
Cnr Frederick & Pearson St's, Charlestown
(enter via Frederick St)

Tuesday 13 March
9.45am (10.00am start) to 1.00pm
Cost \$10. Morning tea provided

Register by phoning Hunter Women's Centre
4968 2511


hunter women's centre



Funded by
Hunter New England Local Health District

Self Esteem Strategies Workshop Charlestown

This workshop is for women interested in practical strategies to improve their self-esteem:

- Developing and using effective affirmations
- How to change negative self-talk messages
- Dealing with people in your life who want to stop you from changing

This workshop builds on the skills introduced in the Self Esteem Foundations Workshop

The Place Community Centre
Cnr Frederick & Pearson St's, Charlestown
(enter via Frederick St)

Tuesday 20 March
9.45am (10.00am start) to 1.00pm
Cost \$10. Morning tea provided

Register by phoning Hunter Women's Centre
4968 2511


hunter women's centre



Funded by
Hunter New England Local Health District



TRANSITION NEWCASTLE

Creating local sustainability

A new story for a Living Earth - Wednesday 28 March, 6.50pm - 9:00pm

Contact Stuart Carter on (02) 4954 7996 or 0437 5434 65. Donations to cover costs appreciated.

Join Transition Newcastle for conversations about creating a new story for a living Earth. Based on World Cafe style conversations (small group, interactive conversations) we will explore ways in which we can escape the limitation of the existing human-centred story that drives so much of our way of life. Using a variety of videos to spark conversation we will explore topics such as the Universe Story, Earth Law and the Living Economy.

Attention Artists Free Exhibition Space



Contact Karden on 4032 5500



Have your artwork displayed at The Place absolutely FREE! Take advantage of the opportunity to display your work on our walls for up to 3 months and get exposure to a variety of businesses and community members.

Contact Karden on 02 4032 5500



Massage Space at The Place

Remedial & Relaxation Massage Therapy. 1 hour and half hour massages available.
Monday to Saturday (excl. Tuesdays) To book call Kathleen on 4032 5540.



Turning Point Counselling

Valerie Milner is a fully accredited Mental Health Social Worker with over 16 years of counselling experience. Appointments are available at The Place on Wednesdays & Tuesdays. To book call Valerie on 0406 047 800.



Oz Spectrum Success Coaching

Nurturing people to see their true potential. Coaching is tailored to meet each individual's specific requirements. To book an appointment contact Geraldine Moran on 0438 466 029



Evolve Psychology

Moira Sylvia provides psychological therapy, specialising in working with teenagers with mental health issues, though accepts people of all ages desiring therapy. Appointments are available at The Place Fridays. To book call Moira on 0404 377 233.

Join our mailing list

Visit www.theplacecharlestown.org.au to sign up or call us on 02 4032 5500