

# Join our Blackburn Hub Program



Socialise and learn new skills



Ages 16+ all abilities



48 Blackburn Road,  
Blackburn VIC 3130



## Monday

### Morning

#### Art - Centre of Creative Art

Our COCA program provides customer with the opportunity to explore different types of mediums and imagery. Each week customers will develop knowledge and skills culminating in a showcase week.

**Cost: \$5**

### Afternoon

#### Walking Group

This program will each week explore new places in Melbourne and getting some gentle, regular exercise into your week.

**Week 1-2:**  
Getting started

**Week 3-4:**  
Building Endurance

**Week 5-6:**  
Increasing Distance

**Week 7-8:**  
Enhancing Strength

**Week 9-10:**  
Maintaining Progress

**Cost: \$0**

## Tuesday

### Morning

#### Learn Technology - Digital Art

This program will introduce you to the world of Digital painting and drawing including the use of AI. Each week you will be creating a picture combining technology, your imagination and creativity.

**Cost: \$0**

### Afternoon

#### Music Program - Instruments of Percussion

Each week you will be introduced to a new percussion instrument and learn its unique sound. This program provides the basics in how each instrument sounds and is a gateway to the world of music.

**Cost: \$0**



## Wednesday

### Afternoon

#### Cooking Program - Quick and Easy 30

Each week you will be able to select a quick 30-minute recipe, go shopping, cook and plan for next week. Program will cover cooking basics with an emphasis on skill development.

**Cost: \$10**

### Late afternoon

#### Music Program - MC Groove

Each week you will experience a different type of music genre and learn about rhythm and what makes the different genres different from others.

**Cost: \$0**

## Thursday

### Morning

#### Coffee Club

Learn budgeting, social skills and independent skill building. Customers will make new friends, learn to independently order from menus and make purchases. At the end of each day, you will talk as a group to decide on the next week's Coffee Club destination.

**Cost: \$0**  
(bring own money)

### Afternoon

#### ASDAN

Meet at the Hub or go straight to our Canterbury Neighbourhood Precinct to join the group. Build self-advocacy skills and ability to raise your voice in service delivery.

The Independent Living pathway enables people to build skills that enable self determination and control over their lives.

**Cost: \$15**  
(once off cost)



## Friday

### Morning

#### Creative Art

This program brings many benefits to everyone.

**Emotional Wellbeing:** Helps reduce anxiety and stress.

**Cognitive Abilities:** Can help with memory, attention and problem-solving skills.

**Social Interactions:** Participating in a group fosters social connections and reduces feelings of isolation

**Self-expression and Empowerment:**

Art allows individuals to express themselves creatively, boosting self-esteem and a sense of accomplishment

**Cost: \$5**

### Afternoon

#### Cooking Program - International cuisine

Chose a different international dish each week (list provided to assist) with less than 5 steps to complete. Check recipe, go shopping. Cook and plan for next week. Program will cover cooking basics with an emphasis on skill development.

**Cost: \$10**

**BOOK NOW.** Call 1300 135 886 or email [customerservice@multicap.org.au](mailto:customerservice@multicap.org.au)

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