



## Community Garden

A community garden for everyone. Its purpose is to grow fresh fruit and vegetables for the PICAL Food Relief Pantry.

PICAL volunteer status required to participate.

To join as a volunteer go to [www.pical.org.au](http://www.pical.org.au) or 5952 1161

Garden Open 9.30am to 12.30pm most mornings  
Donations welcome direct to garden volunteers  
or via our website.

# PICAL TERM 1 COURSE GUIDE 2026

## CONNECT. LEARN. GROW

Connect with your local community by participating in our courses, social groups, and gatherings.

Information and Bookings [PICAL.org.au](http://PICAL.org.au)

**ENROL  
NOW**

[www.pical.org.au](http://www.pical.org.au)



**JOB READY COURSES**



**SOCIAL & COMMUNITY  
GROUPS**



**COMMUNITY COURSES**



**VOLUNTEERING  
OPPORTUNITIES**



5952 1161



[www.pical.org.au](http://www.pical.org.au)



16 Warley Ave Cowes

**Our  
Locations**

**PICAL Warley - 16 Warley Ave Cowes**

**PICAL Blue Gum Reserve - 119 Settlement Rd, Cowes**



# Connect. Learn Grow

## COMMUNITY COURSES

Book online at [pical.org.au](http://pical.org.au)



### Girls on Tools Beginners

Day and Evening Sessions

Ready to roll up your sleeves and take charge of your next DIY project? The Girls on Tools course is a 10-week adventure designed to give women the skills and confidence to handle tools like a pro. Every week brings a new challenge — from mastering safe tool use to diving into practical skills like painting, tiling, plastering, and even a bit of plumbing.

Location: PICAL Blue Gum Reserve

119 Settlement Rd, Cowes

10 weeks starting

Wed 28th Jan 2026

9.30am - 12.00pm or

Wed 28th Jan 2026

6.30pm - 9.00pm

Contact: [roomhire@pical.org.au](mailto:roomhire@pical.org.au)

Full fee: \$60

Vol/Members/Concession: \$40

Bookings: [www.pical.org.au](http://www.pical.org.au)

### Chair Yoga with Melanie

Get moving, feel good, and enjoy the calm of yoga—without ever leaving your chair! Chair yoga makes yoga accessible to everyone, combining gentle stretches and mindful movement to boost flexibility, strength, and balance. Perfect for those with limited mobility or anyone who prefers a relaxed, low-impact session. You'll leave each class feeling looser, lighter, and ready to take on the day—one deep breath at a time.

Location: PICAL Warley

Mon 1.30 pm - 2.30pm

and Wed. 1.30am - 2.30pm

during School Term starting

Mon 2nd Feb, 2026

Full fee: \$15 per class

PICAL Vol: \$5 per class

No booking required



### Meditation- Mindful Self Compassion

Discover the art of slowing down and reconnecting with yourself through Mindful Self-Compassion Meditation. This gentle and supportive course invites you to cultivate kindness toward yourself, reduce stress, and build emotional resilience through guided meditation and reflective practices.

Location: PICAL Warley

Every Wed for 4 weeks

10.30am - 11.45am

starting 28th Jan, 2026

Full fee: \$160

Bookings and enquiries to

Allison Trevena on

0418 595 667 or

[allisontrevena@gmail.com](mailto:allisontrevena@gmail.com)



### Foundations of Stillness

Foundations of stillness is a gentle accessible introduction to mindfulness based meditation designed to help you pause, reduce stress and reconnect with a sense of calm and focus beneath everyday business. Across four guided classes you'll be introduced to simple seated meditation practices that support relaxation, present moment awareness and stillness.

Location: PICAL Warley

Every Wed for 4 weeks

starting 14th Jan, 2026

6.00pm or Every Thurs

for 4 weeks starting 15th

Jan, 2026 at 9.30am.

Full fee: \$80 for 4

classes or \$25 casual

Bookings and enquiries to

Allison Trevena on

0418 595 667 or

[allisontrevena@gmail.com](mailto:allisontrevena@gmail.com)

# Connect. Learn Grow

## COMMUNITY COURSES

Book online at [pical.org.au](http://pical.org.au)

### Barbeque Masterclass - Fire, Smoke and Feast

**Cooking  
with Tony  
and Cindi**

Turn up the heat and fire up your flavour skills in this hands-on BBQ Masterclass. Over four delicious weeks, you'll learn to master the art of open-flame cooking—from the slow and smoky Asado grill to the secrets of perfect dry rubs, low-and-slow smoking, and traditional spit roasting. Each class ends the best way possible: by sitting down together to eat what you've cooked. Whether you're a backyard enthusiast or the designated family grill boss, you'll leave with smoky fingers, a full stomach, and serious barbecue bragging rights.

**Location:** PICAL Warley  
**Tues 3rd 10th 17th 24th Feb ,**  
**10.00am -2.00pm**  
**with Tony Godlett**

**Full fee: \$120**  
**PICAL Members: \$100**  
**PICAL Volunteers: \$80**

**inc 4 x 2 course meals**

**Bookings:** [www.pical.org.au](http://www.pical.org.au)

### Cooking for Family Gatherings

**Cooking  
with Tony  
and Cindi**

Discover one of life's tastiest pleasures: bringing people together over food! In this four-week Cooking for Family Gatherings course, you'll explore how to whip up crowd-pleasing Breakfasts, Brunches, Lunches, and Dinners that everyone will love. The best part? Every session ends with everyone gathering around to share the meal you've made together. Start new traditions, swap stories, and leave with recipes (and confidence) to host your next family feast with ease and joy.

**Location:** PICAL Warley  
**Tues 10th 17th 24th 31st March**  
**10.00am -2.00pm**

**Full fee: \$120**  
**PICAL Members: \$100**  
**PICAL Volunteers: \$80**

**inc 4 x 2 course meals**

**Bookings:** [www.pical.org.au](http://www.pical.org.au)

**First Aid and  
CPR**

Enhanced online learning with short practical assessment. Choose from a variety of nationally accredited first aid courses online with face to face practical assessment. Training and Assessment delivered on behalf of Allens Training, RTO 90909.

**All enquiries to Kylie on**  
**0419 304 599 or book**  
**directly via the website:**

**[skillsforlifetraining.com.au](http://skillsforlifetraining.com.au)**

### Course bookings, cancellations & refunds

**Cheesemaking  
Workshops**

Join us for our hands-on Cheesemaking Workshops and turn milk into magic. Come together, share a laugh, and enjoy a relaxed, social atmosphere where everyone learns from each other while creating something delicious. You will make a range of tasty cheeses to take home, with easy-to-follow notes and recipes all included so you can keep the cheesy fun going in your own kitchen.

**Location:** PICAL Warley  
**Sat 17th Jan, Sun 22nd Mar,**  
**Sun 5th July, Sun 18th Oct**  
**- All day sessions**

**For further details, bookings**  
**and to register your interest**  
**email Barry the Beeman at**  
**[cheesewithbarry@gmail.com](mailto:cheesewithbarry@gmail.com)**



# Connect. Learn Grow

## COMMUNITY COURSES

**Book online at [pical.org.au](http://pical.org.au)**

### How to write a book and self publish

This creative writing adventure guides you through crafting your own book from first idea to final page, then shows you how to bring it into the world with self-publishing. Whether you're dreaming of novels, memoirs, or collections of stories, this course makes writing fun, manageable, and rewarding.

Get ready to tell your tale and hold your very own published book in your hands!

**Location:** PICAL Warley  
**6 weeks starting**  
**Tues 20th Jan 2026**  
**6.00pm - 8.00pm**  
**with Bryan Whelan**

**Contact:** [roomhire@pical.org.au](mailto:roomhire@pical.org.au)  
**Fee:** \$100  
**Bookings:** [www.pical.org.au](http://www.pical.org.au)

### Belly Dancing with Justine Inifer

Justine was a belly dance performer and teacher 25 years ago, dancing in a troupe, solo and collaborating with other artists in Cabaret and Balady styles. Many years later, with the influence of her mind/body massage therapy, Justine is teaching a Balady, earthy, grounded style of belly dance along with somatic (mind/body) movements, specially designed for more mature bodies.

It's safe, slow, and gentle to start, gradually building strength, confidence, improved posture and co-ordination. Suits absolute beginners over 50. Dance is uplifting, healing and fun for everyone.

**Location:** PICAL Warley  
**9 weeks starting Sat**  
**31st Jan 2026 11.00am - 12.00pm**

**Contact Justine:**  
[brainybodies@outlook.com](mailto:brainybodies@outlook.com)  
**Full fee:** \$180  
**Members/Concession:** \$120  
**Volunteers:** \$90  
**Bookings:** [www.pical.org.au](http://www.pical.org.au)

### 1000 Hearts Project

**FREE**

1000 Hearts is a global kindness project that spreads love, hope, and comfort through handmade pocket-sized fabric hearts. Founded in 2016, the initiative began with a simple idea: sewing and giving away thousands of hearts to people who need a little courage or kindness in their lives.

Come along and sew your own little heart of love and hope! All materials will be provided—felt, thread, stuffing, and needles—so you just bring your creativity and kindness.

Making these pocket-sized hearts is a simple, soothing sewing activity that spreads warmth and connection to those who need it most. Whether you're a sewing pro or a first-timer, you'll find joy in crafting something meaningful to give away. It's a wonderful way to unwind, meet kindred spirits, and make a real difference—one heart at a time!

**Location:** PICAL Warley

**Sat 28th Feb 2026**  
**11.00am - 2.00pm**  
**with Aleta Groves and Kerryn Ladell**

**Contact:**  
[roomhire@pical.org.au](mailto:roomhire@pical.org.au)

**FREE**

**Bookings @ [pical.org.au](http://pical.org.au)**





# Connect. Learn Grow

## COMMUNITY COURSES

**Book online at [pical.org.au](https://www.pical.org.au)**

### **Fantastic Friendships - Tween Girls (ages 8 - 12)**

Fantastic Friendships for Tween Girls (ages 8–12) is a fun and supportive friendship group designed to help girls build resilience and confidence as they navigate the ups and downs of growing friendships. Through creative activities and meaningful discussions, girls learn how to make and keep strong, positive friendships while developing compassion, empathy, and a deeper understanding of what it means to be a great friend.

**Location: PICAL Warley**  
**4 weeks starting Mon 9th Feb 2026 4.00pm - 5.00pm**

**Contact and Bookings:**  
**Sarah 00413 135 908**

**Fee: \$15**

**FREE**

### **Kids@Blue Gum**

Discover the magic of nature at the Pical Community Garden! Children will enjoy hands-on experiences through interactive play, fun garden activities, and guided tours of the garden's vibrant spaces. They'll learn about plants, insects, and the environment while exploring how food grows and how to care for our planet. It's a joyful, educational adventure that inspires curiosity and a love of nature.

**Location: PICAL Blue Gum Reserve**  
**119 Settlement Rd, Cowes**

**1st Wed of every month starting March 2026**

**Contact and Bookings:**  
**Kerryn 5952 1131 or [assistantmanager@pical.org.au](mailto:assistantmanager@pical.org.au)**

**FREE**

**\*\*For Schools, Kinders and Long Day Care Bookings only\*\***

- Bookings can be made online or face to face at pical reception
- For online bookings, click on 'book now' under the course in the term guide or visit <https://www.pical.org.au/>
- To book face to face, visit our friendly staff at pical reception
- Courses may be cancelled if the required number of enrolments are not met for that course. Notice will be provided before the course commencement date & full refunds will be distributed.
- Course cancellations are accepted 7 days prior to course commencement with full refunds provided.
- Refunds for cancellations that occur after this time, will be considered under special circumstances
- For cancellations, please ensure you email [roomhire@pical.org.au](mailto:roomhire@pical.org.au)

**Room Hire information and enquiries at [www.pical.org.au](https://www.pical.org.au) or email: [roomhire@pical.org.au](mailto:roomhire@pical.org.au)**



# Term 1 Program

## Connect, Learn, Grow

	Week 1 27th Jan- 1st Feb	Week 2 2nd Feb - 8th Feb	Week 3 9th Feb - 15th Feb	Week 4 16th Feb - 22nd Feb	Week 5 23rd Feb - 1st Mar
MONDAY		<b>2nd Feb</b> 9.30 Gardening* 1.30 Chair Yoga	<b>9th Feb</b> 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga 4.00 Fantastic Friendships	<b>16th Feb</b> 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga 4.00 Fantastic Friendships	<b>23rd Feb</b> 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga 4.00 Fantastic Friendships
TUESDAY	<b>27th Jan</b>  9.30 Gardening* 6.00 Write a book & self publish	<b>3rd Feb</b>  9.30 Gardening* 10.00 BBQ Masterclass 6.00 Write a book & self publish	<b>10th Feb</b>  9.30 Gardening* 10.00 BBQ Masterclass 6.00 Write a book & self publish	<b>17th Feb</b>  9.30 Gardening* 10.00 BBQ Masterclass 6.00 Write a book & self publish	<b>24th Feb</b>  9.30 Gardening* 10.00 BBQ Masterclass 6.00 Write a book & self publish
WEDNESDAY	<b>28th Jan</b>  8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 10.30 Meditation 6.00 Foundations of stillness 6.30 Girls on Tools*	<b>4th Feb</b>  9.30 Gardening* 9.30 Girls on Tools* 10.30 Meditation 11.00 Carers Support 1.30 Chair Yoga 6.00 Foundations of stillness 6.30 Girls on Tools*	<b>11th Feb</b>  8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 10.30 Meditation 1.30 Chair Yoga 6.30 Girls on Tools*	<b>18th Feb</b>  9.30 Gardening* 9.30 Girls on Tools* 10.30 Meditation 1.30 Chair Yoga 6.30 Girls on Tools*	<b>25th Feb</b>  8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*
THURSDAY	<b>29th Jan</b>  9.30 Gardening* 9.30 Foundations of stillness 10.00 Spanish	<b>5th Feb</b>  9.30 Gardening* 9.30 Foundations of stillness	<b>12th Feb</b>  9.30 Gardening* 10.00 Spinning 10.00 Spanish	<b>19th Feb</b>  9.30 Gardening* 10.00 Walking Group^	<b>26th Feb</b>  9.30 Gardening* 10.00 Spanish 10.00 Spinning
FRIDAY	<b>30th Jan</b> 9.30 Cooking 9.30 Girls on Tools Shed*	<b>6th Feb</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	<b>13th Feb</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	<b>20th Feb</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Embroidery/craft 10.00 Creative Craft	<b>27th Feb</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft
SATURDAY	<b>31st Jan</b>  11.00 Belly Dancing	<b>7th Feb</b>  11.00 Belly Dancing	<b>14th Feb</b>  11.00 Belly Dancing 10.00 Applique	<b>21st Feb</b>  11.00 Belly Dancing	<b>28th Feb</b>  11.00 Belly Dancing 11.00 1000 Hearts Project

\*PICAL Blue Gum Garden Reserve, 119 Settlement Rd

^Various Locations

# Term 1 Program

## Connect, Learn, Grow

	Week 6 2 <sup>nd</sup> Mar-8 Mar	Week 7 9 <sup>th</sup> Mar - 15 <sup>th</sup> Mar	Week 8 16 <sup>th</sup> Mar - 22 <sup>d</sup> Mar	Week 9 23 <sup>rd</sup> Mar-29 Mar	Week 10 30 <sup>th</sup> Mar-5 Apr
MONDAY	<b>2nd Mar</b> 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga 4.00 Fantastic Friendships	<b>9th Mar</b> <b>Labor Day</b>	<b>16th Mar</b> 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga	<b>23rd Mar</b> 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga	<b>30th Mar</b> 9.30 Gardening* 10.00 Digital Basics 1.30 Chair Yoga
TUESDAY	<b>3rd Mar</b>  9.30 Gardening*	<b>10th Mar</b>  9.30 Gardening* 10.00 Cooking Family Gatherings	<b>17th Mar</b>  9.30 Gardening* 10.00 Cooking Family Gatherings	<b>24th Mar</b>  9.30 Gardening* 10.00 Cooking Family Gatherings	<b>31st Mar</b>  9.30 Gardening* 10.00 Cooking Family Gatherings
WEDNESDAY	<b>4th Mar</b>  9.30 Gardening* 9.30 Girls on Tools* 11.00 Carers Support 1.30 Chair Yoga 6.30 Girls on Tools*	<b>11th Mar</b>  8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*	<b>18th Mar</b>  9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*	<b>25th Mar</b>  8.30 Cooking 9.30 Gardening* 9.30 Girls on Tools* 10.00 Stroke Support 1.30 Chair Yoga 6.30 Girls on Tools*	<b>1st Apr</b>  9.30 Gardening* 9.30 Girls on Tools* 1.30 Chair Yoga 6.30 Girls on Tools*
THURSDAY	<b>5th Mar</b>  9.30 Gardening*	<b>12th Mar</b>  9.30 Gardening* 10.00 Spanish 10.00 Spinning	<b>19th Mar</b>  9.30 Gardening* 10.00 Walking Grou	<b>26th Mar</b>  9.30 Gardening* 10.00 Spanish 10.00 Spinning	<b>2nd Apr</b>  9.30 Gardening*
FRIDAY	<b>6th Mar</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	<b>13th Mar</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	<b>20th Mar</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Embroidery/craft 10.00 Creative Craft	<b>27th Mar</b> 9.30 Cooking 9.30 Girls Tools Shed* 10.00 Creative Craft	<b>3rd Apr</b>  <b>GOOD FRIDAY</b>
SATURDAY	<b>7th Mar</b> 11.00 Belly Dancing 9.30 Sustainability Festival*	<b>14th Mar</b> 10.00 Applique 11.00 Belly Dancing	<b>21st Mar</b>  11.00 Belly Dancing	<b>28th Mar</b>  11.00 Belly Dancing	<b>4th Apr</b>

# Connect. Learn Grow

## SOCIAL AND COMMUNITY GROUPS

**Entry: \$5 per person**



### Woolshed Spinners

Come along and have a spin and a yarn with the wonderful Woolshed Spinners

**Location:** PICAL Warley  
2nd and 4th Thurs each month  
10.00am - 2.00pm

**Contact:** Robyn 0429 700 492

**No booking required**



### Embroidery/Craft Group

Join the embroidery/craft group for some fun. They'll have you in stitches.

**Location:** PICAL Warley  
3rd Friday of each month  
10.00am - 2.00pm

**Contact:** Josie 0409 955 109

**No booking required**



### Spanish Group

Boost your self confidence with this Language of Love. Learn Spanish. Who knows when it may come in handy. Si?

**Location:** PICAL Warley  
Every 2nd Thursday  
10am - 11.30am

**Enquiries :**  
[roomhire@pical.org.au](mailto:roomhire@pical.org.au)

**No booking required**



### The Applique Guild

Come Learn the many methods of applique with like-minded ladies. Needle turn, raw edge, reverse appliqué, back basting, pre turned, applifix, blanket stitch, just to name a few. Come in for a cuppa and a chat and bring in your current project and stitch with us.

**Location:** PICAL Warley  
2nd Sat of every month  
10am - 3.00pm

**Contact:** Eva  
[enquiries@theappliqueguildofausalia.org.au](mailto:enquiries@theappliqueguildofausalia.org.au)

**No booking required**



### Creative Crafters

Come join this friendly community craft group every Friday in a relaxed space to create, connect, and enjoy time together.

Finish one of your existing projects or why not start something new. Pop in for a chat and a cuppa and learn a new craft in a warm welcoming environment.

**Location:** PICAL Warley  
Every Friday starting 6th Feb 2026  
10am - 2.00pm

**Enquiries:** [roomhire@pical.org.au](mailto:roomhire@pical.org.au)

**No booking required**



# Connect. Learn Grow

## SOCIAL AND COMMUNITY GROUPS

**FREE**



### Women Connect Walking Group

Walk, talk and take in beautiful sceneries with this lovely bunch of keen walking ladies. Usually finished with lunch, wine and chatter.

**Location:** Various  
3rd Thurs of every month 10am

**Contact:**  
Patsy Scales 0409 506 461  
Pepi Mortimer 0476 549 749



### VIEW Club

Voices, Interest and Education of Women.  
Bringing women together in fun and friendship and making a difference.

**Location:** PICAL Warley  
Every 3rd Monday  
1.30 pm - 3.30pm

**Contact:** Selby Witteveen  
Ph: 0480 258 357  
Email: phillipislandview1@gmail.com



### Cooking Groups

Two separate cooking groups contributing towards the food relief program. One program runs every 2nd Wednesday and the other every Friday.

**Location:** PICAL Warley  
Every 2nd Wednesday  
8.30 am - 12.00pm  
Every Fri 9.30  
**Contact:** PICAL Reception 5952 1131

**PICAL Volunteer status to participate**



### Girls on Tools Shed

Keep building, creating and having fun in our Girls on Tools Project Sessions. Designed for graduates of the Girls on Tools course, this is a relaxed, social space to keep working on your projects, swap ideas, get tips, and feel supported by a like-minded crew while you tinker, build and bring your creations to life.

**Location:** PICAL Blue Gum Reserve  
119 Settlement Rd, Cowes  
Every Fri during school terms  
starting Fri 30th Jan 2026  
9.30am - 12.30pm

**Contact:**  
roomhire@pical.org.au  
**Must have completed Girls on Tools Course**

**No Booking Required**

# Connect. Learn Grow

## SOCIAL AND COMMUNITY GROUPS

**FREE**

### Gardening Group



Join the gardening team at the Pical Community Garden and make a real difference! Get your hands in the soil, learn how to grow fresh produce, and help support our local food relief program. It's a fun, feel-good way to connect with others, learn new skills, and give back to the community—one garden bed at a time!

**Location:** PICAL Blue Gum Reserve  
119 Settlement Rd, Cowes  
**Weekly - Mon, Tues, Wed, and Thurs**  
9.30am - 12.30pm

**Contact:** PICAL Reception 5952 1131

PICAL Volunteer status to participate

### Carers Support Group



**ARE YOU A CARER?** Our Carer Catch Up group will provide a safe space for carers to come together monthly, where you can talk about your caring role, or just catch up with like-minded people. Guest speakers are arranged for most meetings.

**Location:** PICAL Warley  
**First Wed of each month**  
**starting 4th Feb**  
11.00am - 1.00pm

**Contact:** Iris Gaillard  
**Ph:** 0400 107 541  
**Email:** Iris.Gaillard@lchs.com.au

Latrobe Community Health Service Carer Catch-Up Groups aim to provide a positive, understanding and mindful atmosphere, with an emphasis on wellbeing and education.

Come and join us for morning tea and meet other carers in a supportive environment.

**RSVP to above email for catering purposes**

### Peer Stroke Support Group

The Stroke Association of Victoria is a dedicated community-based support service for people re-entering their lives after having a stroke.

A safe space where stroke survivors and carers can come together to provide each other with emotional support & mutual understanding.

**Location:** PICAL Warley  
**Every Second Wed**  
10.00am - 12.00pm

**No bookings required**



# Connect. Learn Grow

## COMMUNITY WORKSHOPS

FREE

### Gippsland Women's Health and Wellbeing Panel and Discussion Event

Gippsland Women's Health and PICAL are excited to announce that a community Women's Wellbeing Conversation Event will be held in Cowes in the first half of 2026.

Let's talk openly about what's needed for better support, connection and access to women's health information in Bass Coast.

Event highlights: Panel of expert speakers, community discussion, take-home resources and information, plus free light lunch/supper provided.

- ✓ Free to attend
- ✓ Light lunch/supper provided
- ✓ Women and Gender Diverse people welcome

**GIPPSLAND  
WOMEN'S  
HEALTH**

**Location: PICAL Warley**  
**Proposed March 2026**

**Watch for more information on the pical website: [www.pical.org.au](http://www.pical.org.au) and on our social media**



### Sustainability Festival - March 2026

Get ready for a fun-filled day celebrating all things sustainable! 🌱 Supported by the Bass Coast Shire Council, the Sustainability Festival is a family-friendly event bursting with eco-inspiration, hands-on fun, and great community spirit. Discover clever ways to live lighter on the planet — from creative reuse and repair to local food, gardening, and green living ideas. As part of the event, PICAL will be launching it's new **Fix It Café** — your local hub for mending, making, and learning practical repair skills that save both money and waste. Furthermore, our **pantry garden** will be open offering plant sales, garden tours and workshops. Bring the kids, bring your curiosity, and come ready to be inspired. It's fun for the whole family — with music, workshops, stalls, and a big dose of community connection! 🌿

**Location: PICAL Blue Gum Reserve**  
**119 Settlement Rd, Cowes**  
**7th March 2026**  
**9.30 - 3.30**  
**Free**

**Watch for more information on the pical website: [www.pical.org.au](http://www.pical.org.au) and on our social media**

*Sustainability*



# Connect. Learn Grow

## JOB READY COURSES

Book online at [pical.org.au](https://pical.org.au)



### Barista Basics



An excellent starting point for the budding barista. Using a full size commercial machine, you will learn how to:

- Consistently extract a great espresso
- Correctly adjust coffee grinders
- Steam milk to perfection
- Correctly clean and maintain the machine

Enrolment through BCAL Website,  
<https://bcal.vic.edu.au/courses>



### Food Safety Level 1



Accredited program for everyone handling food for public consumption - cafes, clubs, school canteens, milk bars. Includes practical exercises.

Enrolment through BCAL Website,  
<https://bcal.vic.edu.au/courses>



### Responsible Service of Alcohol



Accredited Responsible Service of Alcohol (RSA) program giving participants the knowledge and skills to work in a safe and enjoyable environment in licensed premises.

Enrolment through BCAL Website,  
<https://bcal.vic.edu.au/courses>



### Digital Basics

Digital Basics is a hands-on course designed to help you build confidence using technology in everyday life. You'll learn practical skills such as navigating the internet, sending emails, using smartphones and tablets, and staying safe online. Whether you're new to computers or just want to brush up on the basics, this course will help you feel more connected, capable, and ready to explore the digital world.

Location: PICAL Warley  
7 weeks starting Mon 9th Feb 2026  
10.00am - 2.00pm

Contact:  
[roomhire@pical.org.au](mailto:roomhire@pical.org.au)

Fee \$35  
Bookings: [www.pical.org.au](https://www.pical.org.au)