

Welcome Back to Prahran Place!

We hope you had a restful and enjoyable break - whether you spent it relaxing, creating, catching up with family and friends, or discovering new adventures. Now, we're excited to be back in full swing at Prahran Place.

Term 1 starts on Tuesday, 27th January, and we already have a wonderful program ready for you! From creative art and craft classes, wellbeing and gentle exercise sessions, digital literacy and adult education, to social groups like the Men's Social Group and the Women's Circle as well as walking groups - there's something for all ages, interests and abilities.

Located in Grattan Gardens, opposite Woolworths and near Prahran Market, Prahran Place continues to be a vibrant and welcoming space for people from all walks of life. Whether you're looking to try something new, reconnect with old friends, or meet new ones, Term 1 is the perfect opportunity.

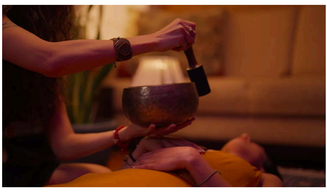
Book now for Term 1, starting 27th January! Don't miss out on your favourite sessions - spaces are filling up.

📞 Call us on **03 9510 7052**

📧 Email **hello@prahranplace.org.au**

🌐 Visit us online to view or download the full timetable.

Let's make Term 1 a great one - full of learning, laughter, new connections and community spirit. We can't wait to see you! 💛



Start 2026 with the Right Zen: Nurture Your Body & Mind at Prahran Place

As the year begins, it's the perfect time to slow down, reset, and reconnect with yourself. At Prahran Place, we're inviting you to start 2026 with intention, embracing rest, movement, and mindful practices that support both body and mind.

Whether you're craving deep relaxation, gentle movement, or a moment of stillness in a busy week, our Health & Wellbeing programs this term offer a beautiful way to practise a little *body worship* — listening to what you need and honouring it.

Sound Meditation Workshop

Friday 27th of February | 12.30pm - 1.30pm

Step into a peaceful space and experience the power of sound to calm the nervous system and quiet the mind. This once-off Sound Meditation workshop is designed to help you fully unwind as soothing tones guide you into deep relaxation — no effort required.

Led by Nicole Sultana, an experienced wellbeing coach and counsellor, this session supports stress reduction, emotional balance, clarity, and inner calm. Simply get comfortable, listen, and receive.

No experience needed - all are welcome.

Yoga for Balance, Calm & Connection

This term, we're offering **three yoga classes** designed to help you restore energy, build flexibility, and create space for stillness in your week.

Yin Yoga on Mondays and Wednesdays with Nicole

🕘 **9.30am - 10.30am**

A deeply calming, floor-based practice using long-held poses to gently stretch connective tissues, improve mobility, and support emotional wellbeing.

Yoga on Fridays with Louise

🕒 **3.00pm - 4.15pm**

Unwind and release at the end of the week with this nourishing yoga practice focused on relaxation, mindful movement, and nervous system support.

Begin the year grounded, calm, and connected.

Spaces are available, and you're welcome to join part-way through term if you miss the start.

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🌐 Book via our website

Your wellbeing matters, and we'd love to support you on that journey in 2026.



Build Your Digital Confidence in 2026

Practical, Friendly Digital Courses at Prahran Place

Whether you're feeling left behind by technology, looking to boost your job skills, or simply want to feel more confident using everyday devices, Prahran Place's Digital Courses are here to support you — step by step, at your pace.

Starting in Term 1 (the week of the 27th January), our range of digital programs are designed for adults of all abilities, offering a relaxed, supportive environment where questions are welcome and learning is practical and relevant.

Digital Essentials – Smart Devices (Level 1)

📅 Tuesdays | 1.00pm – 3.30pm

Perfect for beginners, this course focuses on building confidence using your smartphone or device. Learn how to send messages, use email, navigate the internet, access useful apps like MyGov and PTV, and stay safe online.

Digital Literacy for Adults – Computers (Level 2)

📅 Tuesdays | 9.30am – 12.00pm

Designed for those with some basic skills who want to go further. Learn to create documents, manage information, use cloud computing, communicate online, and build confidence using computers for everyday life, work, or study.

Office Skills – (Level 3)

📅 Thursdays | 9.30am – 12.30pm

Ready to work in an office environment or improve your employability? This advanced course covers Word, Excel, PowerPoint, Zoom, scheduling, professional emails, and simulated workplace tasks — ideal for jobseekers or anyone wanting modern office skills.

Introduction to AI

📅 Tuesdays | 1.00pm – 3.30pm

Curious about Artificial Intelligence? This beginner-friendly course introduces practical AI tools that can help with writing, organising tasks, gathering information, and creative projects — all while focusing on safe, ethical, and responsible use.

No pressure. No judgement. Just practical learning.

Learn Local funded places may be available — contact us to check eligibility. You're welcome to bring your own device, and you can join with the skills you already have.

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🌐 Book via our website

Start Term 1 feeling more confident and capable with technology

Stay connected with the Prahran Place community! Follow us on Facebook and Instagram for the latest news, classes, and events.

Have questions? Either respond to this email or contact the sender on hello@prahranplace.org.au

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