



INTERCULTURAL COMMUNITY CENTRE



CITY OF  
CANNING

**TERM 4 2023**

MON 9 OCT - THU 14 DEC



---

**Connecting community.  
Challenging conventions.  
Embracing diversity.**

# The Hillview Intercultural Community Centre

**The Hillview Intercultural Community Centre’s vision is to enable our diverse community to thrive through creating a place where people from all backgrounds can come together to connect with each other, share their culture, learn new skills, and access opportunities that help them to reach their potential.**

Canning is one of WA’s most culturally diverse local government areas with 50.9% of residents born overseas and 42.8% speaking a language other than English at home. Additionally, 22% of overseas born residents have lived in Australia for less than five years.

Bentley is one of our most diverse suburbs, with 63.1% born overseas and 45.2% speaking a language other than English at home.

The Centre delivers on the City of Canning’s Learning City Strategy. In line with the UNESCO Learning City model, activities in this program are categorised based on the four pillars of learning:

LEARNING TO BE	Invest in your health, wellbeing and personal development.
LEARNING TO DO	Nurture your leadership skills, discover new talents, explore entrepreneurship and enhance your employability.
LEARNING TO KNOW	Build your knowledge and skills in a range of areas and feed your passion for lifelong learning.
LEARNING TO LIVE TOGETHER	Build new connections, participate in intercultural experiences and get involved in community projects.

This program is current as of October 2023. An up-to-date listing of events and programs can also be found at [canning.wa.gov.au/hillviewhub](https://canning.wa.gov.au/hillviewhub)

**Open Hours:**

Monday 9.30am-5pm  
Tuesday 9.30am-5pm  
Wednesday 9.30am-5pm  
Thursday 9.30am-7pm  
Friday 9.30am-5pm  
Saturday Closed  
Sunday Closed

Bookings without staff support from 7am-10pm, 7 days a week.  
No amplified sound after 9pm.



# What's Happening This Term at Hillview

Please see detailed program information included in this brochure.

	Program Title	Program Times	Frequency	Dates	Page
MONDAY	In-Person Peer Support for Carers	10am - 12pm	weekly	9 Oct - 18 Dec	7
	Let's Cook with Love!	1pm - 5pm	weekly	9 Oct - 18 Dec	7
	Be Fit, Be Connected	10.30am - 1pm	one-off	16 Oct	15
	Tax Help	10am - 1pm	weekly	9 Oct & 16 Oct	20
	Self-Defence Classes for Women+	5.30pm - 7pm	weekly	9 Oct - 11 Dec	28
	Water Safety for Children	10am - 11am	quarterly	11 Dec	15
TUESDAY	Carers and Older Women Lifestyle Group	10.30am - 12.30pm	weekly	10 Oct - 5 Dec	8
	Life Launchpad Workshops	9.30am - 11.30pm	weekly	17 Oct - 12 Dec	8
	Capacity Building Workshops for Afghan Women - CETI	9.30am - 12.30pm	weekly	10 Oct - 12 Dec	9
	FOMO Lab	3.30pm - 5pm	one-off	24 Oct	20
	Conversational English	10am - 11.45am	weekly	10 Oct - 12 Dec	21
	NDIS Drop-in Session	12.30pm - 2.30pm	monthly	7 Nov & 5 Dec	21
	Zumba Fitness Class for adults	1.30pm - 2.30pm	weekly	17 Oct - 12 Dec	32
WEDNESDAY	Calm and Confident Kids	4pm - 5pm	weekly	11 Oct - 13 Dec	10
	Australian Citizenship Workshops	10am - 11.30am	weekly	11 Oct - 13 Dec	22
	Indigenous Sneakers Lab	4pm - 6pm	weekly	11 Oct & 25 Oct	22
	Civics and Citizenship Workshop	6pm - 8pm	one-off	11 Oct	23
	Home-based Small Business Program	5.30pm - 7.30pm	weekly	11 Oct - 1 Nov	24
	Storytime	9.45am - 10.45am	weekly	18 Oct - 13 Dec	23
	Hillview Community Dialogue Series	6pm - 8pm	quarterly	29 Nov	32
	CaLD Women's Support Group	10am - 11.30am	weekly	12 Oct - 14 Dec	10
	Let's Talk Culture	10.30am - 12.30pm	one-off	9 Nov	11
	Little Mindful Minds - Big Feelings	9.30am - 10.30am	weekly	19 Oct - 14 Dec	11
THURSDAY	Patternmaking techniques for beginners	12.30pm - 3.30pm	monthly	19 Oct - 7 Dec	16
	Fermentation Workshops and Cooking Classes	10.30am - 12.30pm	monthly	12 Oct - 14 Dec	16
	Scrapbooking Workshop	10am -12pm	one-off	23 Nov	17
	Social Coding	5pm - 7pm	weekly	12 Oct - 14 Dec	24
	Everybody's Business	4.30pm - 7pm	monthly	26 Oct & 30 Nov	26
	Russian Conversation Classes	5pm - 6pm	weekly	12 Oct - 14 Dec	28
	Voices of World Ensemble	6pm - 8pm	weekly	12 Oct - 14 Dec	29
	Celebrating Grandcarers in Canning	10am - 12.30pm	one-off	19 Oct	33
	Intercultural Reading Circle	10am - 11.30am	fortnightly	19 Oct - 14 Dec	33
	Connect, Match, Support (CMS)	10am - 11am	fortnightly	10 Oct- 19 Dec	19



	Program Title	Program Times	Frequency	Dates	Page
FRIDAY	Mindfulness Meditation with Bhante	5.30pm - 7.30pm	weekly	20 Oct - 8 Dec	12
	Alterations and Clothes Swap	12.30pm - 3.30pm	monthly	13 Oct - 1 Dec	17
	Raising Stars Sewing Workshops	10am - 12pm	monthly	13 Oct - 8 Dec	17
	Indigenous Sneakers Lab	4pm - 6pm	weekly	6 Oct & 20 Oct	22
	Online Security for Beginners	1pm - 3pm	fortnightly	13 Oct - 8 Dec	25
	IELTS English Exam Classes	2.30pm - 4.30pm	weekly	13 Oct - 8 Dec	25
	The Hero Within	6pm - 8pm	one-off	3 Nov	25
	Countdown to the Holidays	10am - 1pm	weekly	13 Oct - 22 Dec	29
	Swang: Performing Art Workshop	6pm - 7pm	monthly	13 Oct & 17 Nov	30
	Hillview Movers and Shakers	6pm - 8pm	quarterly	3 Nov	34
	nuID Podcast: Stories from our Community	6pm - 8pm	one-off	10 Nov	34
SATURDAY	Mental health and Wellbeing with Ayurveda	10.30am - 11.30am	one-off	21 Oct	12
	Blooming Hearts	4.30pm - 8.30pm	weekly	14 Oct - 23 Sep	13
	Community Cook Up - Thai	10.30am - 12pm	quarterly	28 Oct	18
	Future vision and career options for young adults	3pm - 5pm	one-off	21 Oct	18
	Noongar Language Classes	9.45am - 11am	monthly	14 Oct - 9 Dec	30
	Kinyarwanda Language and dance Classes	1pm - 5pm	weekly	14 Oct - 16 Dec	31
	Turkish Republic Day 100 Year Celebration	4.30pm - 9pm	one-off	28 Oct	35
	Amatebeto Zambian cultural event	12.30pm - 9pm	one-off	4 Nov	35
	Empowering Communities: Navigating Life in a New Country	9.30am - 11.30am	one-off	11 Nov	9
	Cultural Dinner - Reach Her	6pm - 8.30pm	one-off	18 Nov	37
	Bonapasogit Perth Inc Christmas Celebration	5pm - 9pm	one-off	2 Dec	36
	Running a Wellness and Beauty Business from Home	9.30am - 12.30pm	one-off	2 Dec	27
	Christmas Craft and Bake Sale	10am - 2pm	one-off	9 Dec	34
	Tamil Nathi (The River of Tamil)	9am - 12pm	monthly	21 Oct - 16 Dec	37
SUNDAY	Empowering Dreams: Youth Empowerment Skills Building Programs	12pm - 3pm	one-off	15 Oct	13
	Multicultural Endometriosis Support Group	12.30pm - 2.30pm	monthly	22 Oct & 19 Nov	14
	Ayurveda Mindful Cooking Class: taster Session	10.30am - 1.30pm	one-off	29 Oct	19
	African Culture and Storytelling sessions	3pm - 4pm	monthly	29 Oct & 26 Nov	27
	Indian Classical Dance Training	1pm - 3pm	weekly	8 Oct - 5 Nov	31
	Somali Language Classes	5pm - 7pm	weekly	15 Oct - 10 Dec	31
	MEXICO - Day of the Dead	4.30pm - 6.30pm	one-off	29 Oct	36
	Positive Thinking Meditation classes	3pm - 4.30pm	fortnightly	8 Oct - 17 Dec	38
	Loy Krathong (Full Moon Festival)	12pm - 5pm	one-off	12 Nov	38
	Bollywood Fitness Dancing Classes	10.30am - 12pm	fortnightly	8 Oct - 17 Dec	38
	Cultural Integration in Australia	9.30am - 12pm	one-off	26 Nov	26
	Yoga for Stress	9.30am - 12pm	one-off	15 Oct	19

---

**Diverse perspectives,  
backgrounds, and experiences  
enrich our collective wisdom.**





## LEARNING TO BE

### In-Person Peer Support for Carers

Danjoo Mia (Collab Room) | *Wellbeing*

The In-Person Peer Support (IPPS) program is a space where carers come to share their experience of being an unpaid carer, learn from others and develop a supportive network. Carers that connect with their peers develop a sense of empowerment, understanding and reduce feelings of social isolation. Within these sessions, carers are encouraged to proactively develop self-care skills, build capacity, and share their experiences in a safe and supportive environment.

\*Please register with Carers WA to attend\*

**Mondays | weekly | 9 Oct - 18 Dec | 10am - 12pm | FREE**

**To register**

**Carers WA**

**W:** [carerswa.asn.au](http://carerswa.asn.au)

**T:** 1300 227 377

**E:** [IPPS@carerswa.asn.au](mailto:IPPS@carerswa.asn.au)

---

### Let's Cook with Love!

Multipurpose Hall/Commercial Kitchen | *Wellbeing*

Every Marvellous Monday join Leanne and get your hands into cooking up a storm! Have the chance to cook all those yummy foods yourself and eat with friends. Classes are for NDIS participants and we encourage you to call for registration and further information.

Every Marvellous Monday Cook with Love class is supervised and safe. See you soon!

**Mondays | weekly | 9 Oct - 18 Dec | 1pm - 5pm | FREE**

**To register**

**Aaquila Care**

**W:** [aaquilacare.com.au](http://aaquilacare.com.au)

**T:** 6249 7922 or 0451 282 910

**E:** [admin@aaquilacare.com.au](mailto:admin@aaquilacare.com.au)

## Carers and Older Women Lifestyle Group

Bardip Mia (Art Room) | *Wellbeing*

Access to a range of activities, information sessions, events, outings, individual support, and advocacy. Refreshments and interpreters can be provided.

**Tuesdays | weekly | 10 Oct - 5 Dec | 10.30am - 12.30pm | FREE**

**To register**

**Ishar Multicultural Women's Health Services**

**T: 9345 5335 Noor Azooz**

**E: [noor@ishar.org.au](mailto:noor@ishar.org.au)**

---

## Life Launchpad Workshops

Danjoo Mia (Collab Room) | *Wellbeing/Education*

Strengths-based workshops designed to be inclusive, adaptable and to work within the strengths and structures of local communities. Exploring topics such as our values; strengths; overcoming barriers; setting and achieving goals; how to communicate effectively and speak up for ourselves, all centred around self-empowerment and developing skills and capacity to live a happy and meaningful life. The program provides peer support, information, and skills development opportunities for people in a safe, supportive environment. Anyone is welcome to attend, no referral is required, and support people are welcome too.

**Tuesdays | weekly | 17 Oct - 12 Dec | 9.30am - 11.30pm | FREE**

**To register**

**Consumers of Mental Health WA**

**W: [comhwa.org.au](http://comhwa.org.au)**

**T: (08) 9258 8911**

**E: [admin@comhwa.org.au](mailto:admin@comhwa.org.au)**





## Capacity Building Workshops for Afghan Women

Kaartij Mia (Training Room) | *Wellbeing*

A ray of hope for Afghan women in their difficult journey of resettlement, shining a light on the path towards a peaceful and inclusive society. This program is a bridge, connecting refugees from all backgrounds and promoting understanding between cultures. With a focus on human rights, empowerment, and support, we are determined to bring an end to criticism and isolation. Together, we can create a brighter future, filled with equality and dignity for all.

**Tuesdays | weekly | 10 Oct - 12 Dec | 9.30am - 12.30pm | FREE**

**To register**

**AFG Young Leaders Inc**

**W: [facebook.com/AFGyoungleadersCETI](https://facebook.com/AFGyoungleadersCETI)**

**T: 0434 204 422 Maria**

**E: [afgyoungleaders@gmail.com](mailto:afgyoungleaders@gmail.com)**

---

## Empowering Communities: Navigating Life in a New Country

Multipurpose Hall | *Wellbeing*

Supporting a friend? Learn about services, rights, and responsibilities for those facing domestic and family violence or adjusting to life in a new country. Gain information, empowering you to support your loved ones and community members.

**Saturday | one-off | 11 Nov | 9.30am - 11.30am | FREE**

**To register**

**T: 0449 950 128**

**E: [kirtida.shah2015@gmail.com](mailto:kirtida.shah2015@gmail.com)**

## Calm and Confident Kids

Danjoo Mia (Collab Room) | *Early years*

Your child will be taken on a journey of self-discovery and growth. They will learn skills to build confidence, while combatting feelings of nervousness and anxiousness.

This exciting program encompasses mindfulness, communication, speaking and presentation skills to help build your child's confidence when speaking to a group of people, either in a classroom or in any social setting.

**Wednesdays | weekly | 11 Oct – 13 Dec | 4pm – 5pm | Paid classes**

**To register**

**W:** [mindfulparentinglifestyle.com.au/calm-and-confidence-academy](https://mindfulparentinglifestyle.com.au/calm-and-confidence-academy)

**T:** 0438 530 582 Nina or Rashmi 0417802433

**E:** [nina@mindfulparentinglifestyle.com.au](mailto:nina@mindfulparentinglifestyle.com.au)

---

## CaLD Women's Support Group

Danjoo Mia (Collab Room) | *Wellbeing*

This group is for women of diverse ethnic backgrounds to come together and have meaningful connections with other women in a safe place. We run FREE programs, workshops and support that covers training in basic digital skills, women's health and well-being, personal development skills, nutrition, employment information, writing your resume, financial literacy and budget, accredited short courses, and more. We have groups at Bentley, North Perth, Mirrabooka and Ellenbrook.

**Thursdays | weekly | 12 Oct – 14 Dec | 10am – 11.30am | FREE**

**To register**

**Ethnic Communities Council of WA**

**T:** 0433 998 281 (Anbumoly)

**E:** [eastuser02@eccwa.org.au](mailto:eastuser02@eccwa.org.au)

## Let's Talk Culture- Striving for Balance: Intercultural Young Generation and Mental Health in CaLD Communities

Multipurpose Hall | *Wellbeing*

Ishar presents Let's Talk Culture, an enriching event designed to enhance your cultural competency practices in the mental health and well-being space. As service providers, it is crucial for us to recognise the diverse needs and experiences of the individuals we serve. This series of seminars aims to equip you with valuable information and insights on working with one of the most vulnerable cohorts in our community: CaLD women. By deepening our understanding of their unique challenges, we can better support their mental health and overall well-being.

**Thursday | one-off | 9 Nov | 10.30am - 12:30pm | FREE**

**To register**

**Ishar Multicultural Women's Health Services**

**W:** <https://www.ishar.org.au>

**T:** 9345 5335 Noor Azooz

**E:** [noor@ishar.org.au](mailto:noor@ishar.org.au)

---

## Little Mindful Minds - Big Feelings

Bardip Mia (Art Room) | *Parenting*

Big Feelings is a nine-week program designed to help your little one identify and explore their emotions. During this interactive program, children will learn techniques such as meditation, mindfulness and heartfulness, which they (and you) will love!

**Thursdays | weekly | 19 Oct - 14 Dec | 9.30am - 10.30am | Paid classes**

**To register**

**W:** [mindfulparentinglifestyle.com.au/littlest-mindful-minds](http://mindfulparentinglifestyle.com.au/littlest-mindful-minds)

**T:** 0438 530 582 Nina

**E:** [nina@mindfulparentinglifestyle.com.au](mailto:nina@mindfulparentinglifestyle.com.au)



## Mindfulness Meditation with Bhante (monk) Dhammananda

Kaartij Mia (Training Room) | *Wellbeing*

The Cambodian Buddhist Society of WA Inc. has the pleasure to invite you to join this new course in meditation being offered for the first time at Hillview by our monk, Venerable Dhammananda from Cambodia, who arrived in Perth recently. The course will cover the four postures: sitting, standing, walking and laying down as taught by the Buddha. Being a multilingual person, he will be able to teach in Khmer, English and Thai according to the participants' backgrounds.

**Fridays | weekly | 20 Oct - 8 Dec | 5.30pm - 7.30pm | FREE**

**To register**

**Cambodian Buddhist Society of WA Inc.**

**W:** <https://bit.ly/3PIhdOq>

**T:** 0408 094 078 (Tholla)

**E:** [cbswa56@gmail.com](mailto:cbswa56@gmail.com)

---

## Mental Health and Wellbeing with Ayurveda

Bardip Mia (Art Room) | *Wellbeing*

How important is it to focus on your mental health and wellbeing? Ayurveda, the science of life, is an ancient Indian practice of holistic health which offers some beneficial tips! Come and join us for an informative and interactive session on physical, mental and emotional wellbeing with Ayurveda.

**Saturday | one-off | 21 Oct | 10.30am - 11.30am | Ticketed workshop**

**To register**

**Ayurveda for Wellness**

**W:** <https://www.eventbrite.com.au/e/707082672307>

**T:** 0411 873 630 Vidhu

**E:** [drvidhuwellnessmantra@gmail.com](mailto:drvidhuwellnessmantra@gmail.com)

## Blooming Hearts

Kaartij Mia (Training Room) | *Social connection*

Are you a young female aged 15-25 from a multicultural community? Come and engage in various activities such as interactive games, movie nights, and conversation related to issues young women might be facing. The purpose of the group is to provide a comfortable and safe environment in which you will be able to speak about personal issues and receive comfort and advice from peers.

**Saturdays | weekly | 14 Oct – 23 Sep | 4.30pm – 8.30pm | FREE**

**To register**

**T: 0406 618 449 Sabah**

**E: sabsul40@gmail.com**

---

## Empowering Dreams: Youth Empowerment Skills Building Programs

Multipurpose Hall/Commercial Kitchen | *Wellbeing*

This Youth Empowerment Skills Building initiative marks the beginning of a transformative journey to join hands to empower and uplift migrant and Indigenous youth. We believe that every young individual possesses immense potential and deserves the opportunity to thrive. The initiative will provide an array of programs, including educational support, vocational training, entrepreneurship workshops, cultural exchange, and mental health initiatives. We are committed to providing our youth with the tools they need to succeed. Join us as we unveil our vision. Places are limited so register now!

**Sunday | one-off | 15 Oct | 12pm – 3pm | FREE**

**To register**

**Ebony & Ivory**

**W: [eventbrite.com.au/e/706439137477](https://eventbrite.com.au/e/706439137477)**

**T: 0435 111 817 Joan**

**E: [hello@ebonyandivory.com.au](mailto:hello@ebonyandivory.com.au)**

## Multicultural Endometriosis Support Group

Kaartij Mia (Training Room) | *Wellbeing*

Join us at the Multicultural Endo Support Group and discover a welcoming community of individuals who understand your endometriosis journey. Whether newly diagnosed or a long-time warrior, all are welcome to connect and find support through sharing stories and coping strategies. Leave empowered with new knowledge and a sense of belonging. You're not alone; join the Multicultural Endo Support Group today!

**Sundays | monthly | 22 Oct & 19 Nov | 12.30pm – 2.30pm | FREE**

**To register**

**W:** <https://www.eventbrite.com/e/713010683147>

**T:** 0452 221 940 (Lisa)

**E:** [wawomenshealth@gmail.com](mailto:wawomenshealth@gmail.com)





## LEARNING TO DO

### Be Fit, Be Connected

Multipurpose Hall | *Health Promotion*

Join us for a transformative experience as we delve into the world of Yoga, Tai Chi, and assist you to browse reliable healthcare information and local government services. Come and connect both socially and virtually with like-minded individuals, fostering a sense of community and personal growth. In addition to enriching your mind and body, we are committed to nourishing your physical health by providing a FREE healthy meal for you.

**Monday | one-off | 16 Oct | 10:30am - 1pm | FREE**

**To register**

**Culture Care WA**

**W:** <https://bit.ly/46iw9Zp>

**T:** 0402 639 635

**E:** [info@culturecarewa.org.au](mailto:info@culturecarewa.org.au)

---

### Water Safety for Children

Kaartij Mia (Training Room) | *Education*

Want to learn more about what you can do to prevent drowning and keep your kids safe? Royal Life Saving is delivering a free presentation for parents. Topics are:

- water safety around the home for infants and toddlers
- drowning prevention strategies
- how to respond in an emergency
- CPR demonstration.

If being water safe is something you would like to learn more about, this workshop is for you. Tailored for multicultural communities, this presentation will focus on basic lifesaving skills to improve your confidence around the water with young children.

**Mondays | quarterly | 11 Dec | 10am - 11am | FREE**

**To register**

**Royal Life Saving / Multicultural Futures**

**W:** <https://WaterSafetyforChildren.eventbrite.com.au>

**T:** 9336 8282

## Patternmaking Techniques for Beginners

Kaartij Mia (Training Room) | *Creative*

Hands on classes providing skills and knowledge in the specific techniques used to develop patterns from a block using basic patternmaking principles. Participants will be able to develop pattern styles using the quarter scale blocks, including adding fullness and dart manipulation. It is recommended to attend all three workshops. Basic sewing knowledge essential.

**Thursdays | monthly | 19 Oct, 16 Nov & 7 Dec | 12.30pm – 3.30pm**  
**\$15 per class**

**To register**

**T: 043 399 6930 Shamsa**

**E: Shamsasadik1@gmail.com**

---

## Fermentation Workshops and Cooking Classes

Multipurpose Hall | *Food/Cooking*

Clean living for wellbeing. Join our functional food workshops. Discover the goodness of probiotics, and improve your health and wellness.

**Thursdays | monthly | 12 Oct, 16 Nov & 14 Dec | 10.30am – 12.30pm**  
**FREE**

**To register**

**The Well**

**W: [facebook.com/thewellhealthandwellness](https://facebook.com/thewellhealthandwellness)**

**T: 0425 849 272 Sedikwe**

## Open Walk-in Alterations Workshop and Clothes Swap

Kaartij Mia (Training Room) | *Creative*

Bring your projects to work on, make something for yourself or your family, bring items to fit/repair/alter/mend, seek advice or learn a skill. You can also bring along your clothes/items you don't wear anymore and swap them for pre-loved, 'new to you' items.

**Fridays | monthly | 13 Oct, 3 Nov & 1 Dec | 12.30pm – 3.30pm | FREE**

**To register**

**W:** [WalkinsClothesSwap.eventbrite.com.au](https://walkinsclotheswap.eventbrite.com.au)

**T:** 043 399 6930 Shamsa

**E:** [Shamsasadik1@gmail.com](mailto:Shamsasadik1@gmail.com)

---

## Scrapbooking Workshop

Kaartij Mia (Training Room) | *Creative*

Get your creative juices flowing and join us for a fun-filled Scrapbooking Workshop with a Christmas theme where you'll learn to preserve memories in a unique way.

**Thursday | one-off | 23 Nov | 10am - 12pm | FREE**

**To register**

**W:** Eventbrite <https://scrapbookingworkshopnov.eventbrite.com.au>

**T:** 0430 533 013 Kimberly

**E:** [kimmy\\_cjy@yahoo.com](mailto:kimmy_cjy@yahoo.com)

---

## Raising Stars Sewing Workshops

Kaartij Mia (Training Room) | *Creative*

Join our Raising Stars over a series of sewing classes for beginners. You will learn how to use the sewing machine. Make a different project at each session. All materials are included, just bring your own machine, or borrow one from a friend. If you don't have one, we will help you.

Refreshments will be provided. This event is for adults.

**Fridays | monthly | 13 Oct, 10 Nov & 8 Dec | 10am – 12pm | \$10 per session**

**To register**

**Raising Stars Project**

**W:** [bit.ly/3iXtHEt](https://bit.ly/3iXtHEt)

**T:** 0450 063 701 Israa



## Community Cook Up – Thai

Multipurpose Hall | *Food/Cooking*

The Centre for Thai Language and Culture of WA once again brings to you a Thai cooking experience. This term we will be making a famous Massamun curry. The lesson will begin with a demonstration and explanation and then participants will learn to cook and to balance the seasonings and of course they will get to enjoy the Massamun curry.

**Saturdays| quarterly | 28 Oct | 10.30am – 12pm | \$20 per person**

**To register**

**W:** [thailanguagecentreofperth.org/thai-community](http://thailanguagecentreofperth.org/thai-community)

**T:** Saowarak 0401 071 864

**E:** [khunsaowarak@gmail.com](mailto:khunsaowarak@gmail.com)

---

## Future Vision and Career Options for Young Adults

Bardip Mia (Art Room) | *Community Leadership*

Calling young adults! Kashmiri Pandits Perth are excited to share various career pathways available to you. Learn how you can find a career pathway that is aligned with your passion. We have speakers from the corporate sector and a state government speaker who will share their experiences and give details on how to get on as an apprentice (and potential future employee) at their respective places of work. Everyone welcome!

**Saturday| one-off | 21 Oct | 3pm – 5pm | \$5 per person**

**To register**

**Kashmiri Pandits Perth**

**T:** 0417 802 433 Rashmi

**E:** [rashmi.watel@gmail.com](mailto:rashmi.watel@gmail.com)

## Ayurveda Mindful Cooking Class: Taster Session

Multipurpose hall | [Wellbeing](#)

Ayurveda, the science of life, is an ancient Indian practice of holistic health. Ayurveda cooking is a great way to promote much needed changes in diet and lifestyle to improve health and wellbeing. Come and learn about Ayurvedic principles and the choice of healthy ingredients for cooking. All participants can join in the dish preparation and tasting!

**Sunday | one-off | 29 Oct | 10.30 – 1.30pm | \$10 per person**

**To register**

**Ayurveda for Wellness**

**T: 0411 873 630 Vidhu**

**E: [drvidhuwellnessmantra@gmail.com](mailto:drvidhuwellnessmantra@gmail.com)**

---

## Connect, Match, Support (CMS)

Kaartij Mia (Training Room) | [Employment readiness](#)

Are you a migrant living in Western Australia and struggling to find a job? Our free Ready for Work sessions will help develop your understanding of Australian workplaces, helping you to understand workplace culture and employer expectations. You'll get access to innovative resources to assist with resume and cover letter writing, job search skills and interview preparation.

**Thursdays | weekly | 26 Oct- 19 Dec | 10am – 11am | FREE**

**To register**

**Australian Red Cross Employment Program**

**T: 0414 419 276**

**E: [jrufino@redcross.org.au](mailto:jrufino@redcross.org.au)**

---

## Yoga for Stress

Bardip Mia (Art Room) | [Wellbeing](#)

In this workshop, we explore how Yoga practices can reduce stress and how scientific studies and surveys have validated this. Take home Yoga practices that you can do daily. This is a 2.5-hour session. Bring a Yoga mat and drinking water and experience what millions worldwide crave daily.

**Sunday | one-off | 15 Oct | 9.30am – 12pm | FREE**

**To register**

**T: 0452 635 262**

**E: [jsn.marimuthu@gmail.com](mailto:jsn.marimuthu@gmail.com)**

## LEARNING TO KNOW

### FOMO Lab

Kaartij Mia (Training Room) | *Life Skills/Education*

Never fear, FOMO Lab is here! Get creative, experiment, and never miss out on new technology at this have-a-go workshop. There are lots of different STEAM (Science, Technology, Engineering, Art, and Maths) activities to choose from – try your hand at coding a robot, building an electrical circuit, or creating a 3D model! Featuring Nintendo Labo, Sphero, 3Doodler, Dash the Robot, Gravitrax, Snap Circuits, Magna-Tiles and more. These sessions are all about exploration, innovation, and creativity. No prior knowledge of technology is needed. For ages 6 – 12.

**Tuesday | one-off | 24 Oct | 3.30pm – 5pm | FREE**

**To register**

**City of Canning Libraries**

**W:** [canninglibraries.eventbrite.com](https://canninglibraries.eventbrite.com)

**T:** 9231 0944

**E:** [Library.services@canning.wa.gov.au](mailto:Library.services@canning.wa.gov.au)

---

### Tax Help

Bardip Mia (Art Room) | *Life Skills/Education*

Do you earn around \$60,000 or less? Are your tax affairs simple? If eligible, book your FREE 30-minute Tax Help appointment today!

**Mondays | weekly | 9 Oct & 16 Oct | 10am – 1pm | FREE**

**To register**

**City of Canning Libraries**

**W:** [canninglibraries.eventbrite.com](https://canninglibraries.eventbrite.com)

**T:** 9231 0944

**E:** [Library.services@canning.wa.gov.au](mailto:Library.services@canning.wa.gov.au)



## Conversational English

Multipurpose Hall | *English Class*

This conversational English class is open to the community during unstructured times in the Multipurpose Hall. The classes have a focus on teaching functional English skills and provide plenty of opportunity for practice.

**Tuesdays | weekly | 10 Oct - 12 Dec | 10am - 11.45am | FREE**

**To register**

**Wilson Christian Church**

**T: 0448 097 861 Tasma**

---

## NDIS Drop-in Session

Danjoo Mia (Collab Room) | *Life Skills/Education*

The Mission Australia Local Area Coordination (LAC) Service is available to answer your questions about the NDIS and to help link you to government and community supports. Learn:

- how to access the NDIS
- how to prepare for your NDIS planning
- how to use your NDIS plan
- how to manage the budgets in your plan
- how to find and engage service providers to help you meet your goals
- how to link to other government and community services.

**Tuesdays | monthly | 7 Nov & 5 Dec | 12.30pm - 2.30pm | FREE**

**To register**

**W: [bit.ly/3Ds8M4m](https://bit.ly/3Ds8M4m)**

**E: [lacsoutheastmetro@missionaustralia.com.au](mailto:lacsoutheastmetro@missionaustralia.com.au)**



## Australian Citizenship Workshops

Bardip Mia (Art Room) | *Life Skills/Education*

The Australian Citizenship Workshops are designed to guide people through the various topics that are part of the Australian Citizenship Test. All are welcome.

- Australian Citizenship eligibility.
- Prepare for Australian Citizenship.
- Information and practice questions for Citizenship.

**Wednesdays | weekly | 11 Oct - 13 Dec | 10am - 11.30am | FREE**

**To register**

**Multicultural Futures**

**T: 9336 8282**

**E: [hello@multiculturalfutures.org.au](mailto:hello@multiculturalfutures.org.au)**

---

## Indigenous Sneakers Lab

Bardip Mia (Art Room) | *Creative*

Learning with Nikkita about Aboriginal culture and incorporating it into the design of sneakers can be a great way to promote cultural appreciation and artistic expression. Indigenous patterns and designs often carry deep cultural significance, so it's important to approach this workshop with respect and a desire to learn. This four-week workshop is fun for everyone. Feel free to bring your own sneakers if you have them.

**Wednesday & Friday | 6, 11, 20 & 25 Oct | 4pm - 6pm | FREE**

**Roots TV**

**To register**

**W: [eventbrite.com/e/indigenous-sneakers-lap-tickets-707040766967](https://eventbrite.com/e/indigenous-sneakers-lap-tickets-707040766967)**

**T: 0408 297 949**

**E: [info@rootstv.org](mailto:info@rootstv.org)**

## Civics and Citizenship Workshop

Multipurpose Hall | *Life Skills/Education*

Join us for refreshments and learn about Australian society and getting involved in your local community. This workshop is highly interactive and will provide you with the information you need to participate in the Australian democratic process. The workshop is useful for new Australian Citizens, those wanting to become Citizens, or anyone who wants to learn more. All attendees will receive a Certificate of Participation.

This workshop will provide valuable information on:

- the Australian Constitution
- Australia's levels of Government
- how the Australian parliamentary system works
- how to vote
- information about the benefits of community participation
- information about programs that recognise positive community contribution.

**Wednesday | one-off | 11 Oct | 6pm – 8pm | FREE**

**To register**

**Auspire**

**W:** [civics\\_canning2023.eventbrite.com.au](https://civics_canning2023.eventbrite.com.au)

**T:** 0499 111 944

**E:** [community@auspire.org.au](mailto:community@auspire.org.au)

---

## Storytime

Multipurpose Hall | *Early Literacy*

Join us as we share our favourite picture books, stories, songs and rhymes to encourage a love for reading, introduce children to the wonderful world of books, and let their imaginations run wild. Recommended for children aged 3-5 years.

**Wednesdays | weekly | 18 Oct – 13 Dec | 9.45am – 10.45am | FREE**

**To register**

**City of Canning Libraries**

**(Walk ins welcome)**

**W:** [canninglibraries.eventbrite.com](https://canninglibraries.eventbrite.com)

**T:** 9231 0944

**E:** [Library.services@canning.wa.gov.au](mailto:Library.services@canning.wa.gov.au)

## Social Coding

Danjoo Mia (Collab Room) | *Education*

Join a bunch of new and experienced programmers to code something together. You can bring your own project or learn some Python programming by building a practical FuelWatch website to help you save money on fuel. Please bring your laptop.

**Thursdays | weekly | 12 Oct – 14 Dec | 5pm – 7pm | FREE**

**To register**

**W:** <http://workshop.robin.com.au>

**T:** 0403 048 574

**E:** [me@robin.com.au](mailto:me@robin.com.au)

---

## Home-based Small Business Program

Kaartij Mia (Training Room) | *Business/Enterprise*

Do you want to find out how to turn your hobby into a business or build a successful business that you can run from home? Register to this free program.

- Workshop 1 (Belmont) Introduction to running homebased business and market research
- Workshop 2 (Hillview) Marketing using low-cost digital methods and digital branding
- Workshop 3 (Hillview) Pricing, payments, and business registration
- Workshop 4 (Belmont) Business insurance, tax and keeping track of business finances and legal requirements.

**Wednesdays | weekly | 11 Oct – 1 Nov | 5.30pm – 7.30pm | FREE**

**To register**

**Business Foundation**

**W:** [https://businessfoundations.com.au/?post\\_type=course&p=11671](https://businessfoundations.com.au/?post_type=course&p=11671)

**T:** 08 9461 7186

**E:** [hillviewhub@canning.wa.gov.au](mailto:hillviewhub@canning.wa.gov.au)

## IELTS English Exam Classes

Bardip Mia (Art Room) | *Education*

Are you planning to do the IELTS exam (or PTE, OET)? This class will suit people who have a reasonable level of English and can participate in conversations. Particular attention is given to speaking, writing and self-study skills. There is no set program - join at any time. Bookings essential.

**Fridays | weekly | 13 Oct – 8 Dec | 2.30pm – 4.30pm | FREE**

**To register**

**Multicultural Futures**

**T: 9336 8282**

**E: [hello@multiculturalfutures.org.au](mailto:hello@multiculturalfutures.org.au)**

---

## The Hero Within

Bardip Mia (Art Room) | *Social connection*

Life comes with its ups and downs. We all face challenges, but it is not about the challenges. It is all about how we deal with it. Discover how some local heroes have overcome adversities and are now living out their purpose and maximising their potential. Light refreshments provided.

**Friday | one-off | 3 Nov | 6pm – 8pm | \$5 session**

**To register**

**Design for More**

**W: [events.humanitix.com/the-hero-within](https://events.humanitix.com/the-hero-within)**

**T: 0409 205 654 (Erika)**

**E: [erika@designformore.au](mailto:erika@designformore.au)**

---

## Online Security for Beginners

Computer Lab | *Life Skills/Education*

Online threats can harm you financially and emotionally. Learn how to identify potential red flags, set up security measures and how to recover your account when you have lost access.

Topics covered:

- Introduction to digital security
- Identifying potential online threats
- Protecting your devices
- Account recovery
- Safe browsing
- Social media security
- Email security

**Fridays | fortnightly | 13 Oct – 8 Dec | 1pm – 3pm | FREE**

**To register**

**E: [Tech4Impacts@gmail.com](mailto:Tech4Impacts@gmail.com)**



## Everybody's Business

Kaartij Mia (Training Room) | *Business/Enterprise*

Have you always had a business idea, but don't know where to start? Or perhaps you're a business owner and need some advice on how to increase your profit? Come along to one of our monthly drop-in sessions at Hillview Hub to connect with like-minded entrepreneurs and business advisors.

Registration required.

**Thursdays | monthly | 26 Oct & 30 Nov | 4.30pm – 7pm | FREE**

**To register**

**Business Foundation**

**W:** [hillviewbusiness.eventbrite.com.au](https://hillviewbusiness.eventbrite.com.au)

**T:** 08 9461 7186

**E:** [hillviewhub@canning.wa.gov.au](mailto:hillviewhub@canning.wa.gov.au)

---

## Cultural Integration in Australia

Kaartij Mia (Training Room) | *Education*

Waves of migrants have made Australia their home. In this workshop, we explore the history of migration in Australia and how new migrants can blend into the Australian way of life without giving up their cultural backgrounds. While this targets migrants, this presentation is helpful for all Australians. This will be a presentation with Q&A.

**Sunday | one-off | 26 Nov | 9.30am – 12pm | FREE**

**To register**

**T:** 0452 635 262

**E:** [jsn.marimuthu@gmail.com](mailto:jsn.marimuthu@gmail.com)

## Running a Wellness and Beauty Business from Home

Kaartij Mia (Training Room) | *Business/Enterprise*

Are you interested in the idea of running a business from the comfort of your home? This workshop will help you understand what is involved with starting a business, how to generate and validate a business idea, and how to make an informed decision about whether self-employment is right for you. Whether you are looking to start a business, or take advantage of an existing skill or hobby, this workshop is a chance to test your business idea. Spaces are limited, register now.

**Saturday | one-off | 2 Dec | 9.30am - 12.30pm | FREE**

**To register**

**Business Foundation**

**W:** [eventbrite.com.au/e/709027148287](https://eventbrite.com.au/e/709027148287)

**T:** 08 9461 7186

**E:** [hillviewhub@canning.wa.gov.au](mailto:hillviewhub@canning.wa.gov.au)

---

## African Culture and Storytelling sessions

Kaartij Mia (Training Room) | *Intercultural Experience*

The African Language Academy cultural department presents African Culture and Storytelling sessions. Please join us at Hillview for a fun, engaging and interactive session. Our objective is to introduce participants to the richness of African culture and the importance of storytelling within it.

**Sundays | monthly | 29 Oct & 26 Nov | 3pm - 4pm | FREE**

**To register**

**African Language Academy**

**W:** <https://forms.gle/wyravpfVaUjqCzfS8>

**T:** 0450 281 450 or 0420 941 404

**E:** [admin@africanlangauge.academy](mailto:admin@africanlangauge.academy)

## LEARNING TO LIVE TOGETHER

### Self-Defence Classes for Women+

Multipurpose Hall | *Wellbeing*

These classes are centred on teaching practical self-defence, safety skills and martial arts striking techniques to defend yourself, as well as boosting your self-confidence and self-esteem. Our weekly classes are designed for women and gender non-conforming people over 18 years old and are suitable for all fitness levels. You can learn at your own pace in a welcoming, encouraging, and fun environment. No previous martial arts experience is required.

**Mondays | weekly | 9 Oct - 11 Dec | 5.30pm - 7pm | Donation**

**To register**

**Espacio Latinx**

**W:** <https://www.eventbrite.com.au/e/665119669837>

**T:** 0404 416 081 Caro

**E:** [espaciolatinx@gmail.com](mailto:espaciolatinx@gmail.com)

---

### Russian Conversation Classes

Bardip Mia (Art Room) | *Language Class*

The Russian School in Perth-Mosaica is running a Russian conversation class. Come take part in discussing various topics while learning Russian at the same time. All new and old friends of our club are most welcome.

**Thursdays | weekly | 12 Oct - 14 Dec | 5pm - 6pm | Paid membership**

**To register**

**Cultural Learning Centre Mosaica Inc.**

**T:** Luda 0414 701 152

## Voices of World Ensemble

Multipurpose Hall | *Intercultural Experience*

Calling music lovers of all genders and ages! No prior music knowledge required. Voices of World Ensemble will transport you on a magical journey. We are a unique choral group with musical instruments in WA. Experience music from different cultures, countries and languages. Benefit from the positive impact of music on your body and mind's health. Meet people from diverse backgrounds. Share your cultural heritage. Expand your singing skills and music knowledge with our experts. Gain from performing alongside professional musicians. Perform in the WOWS Multicultural Music and Dance Festival series.

**Thursdays | weekly | 12 Oct – 14 Dec | 6pm – 8pm | Paid membership**

**To register**

**W:** <https://www.wows.org.au/>

**T:** Filiz Shah 0417 684 257

**E:** [admin@wows.org.au](mailto:admin@wows.org.au)

---

## Countdown to the Holidays- Cooking, Baking & Holiday Crafts

Multipurpose Hall | *Food/Cooking/Crafts*

Do you love cooking and baking? Do you love a challenge? Would you like to help your local community? Join our free community cooking sessions where we team up to get ready for Christmas. Share your ideas, learn something new, meet new people and share in the excitement of getting ready for the 2023 holiday season. No previous cooking skills necessary. If cooking or baking is not your thing and you love to craft, PHP is getting ready for the holidays with weekly crafting projects. Everyone is welcome - all ages and abilities!

**Fridays | weekly | 13 Oct – 22 Dec | 10am – 1pm | FREE**

**People Helping People International Ltd.**

**Walk ins, all are welcome**

## Swang: An Ancient Folk Performing Art Theatre Workshop

Multipurpose Hall | *Connect to the Culture*

Come and explore various musical instruments and the transformation of various characters while storytelling. Swang is an art of imitation, a popular folk-dance theatre. Swang A Folk Art Academy brings an opportunity to connect with this vibrant folk theatre and explore the art of storytelling. Swang is a performing art that is hundreds of years old. This evening is full of learning new theatre skill in a fun way and is brought to you in collaboration with Hindu Council Australia (WA Chapter).

**Fridays | monthly | 13 Oct & 17 Nov | 6pm - 7pm | FREE**

**To register**

**T: 0477 784 328 Jyoti Rana**

**E: [drsatishtkashyap12@gmail.com](mailto:drsatishtkashyap12@gmail.com)**

---

## Noongar Language Classes

Kaartij Mia (Training Room) | *Language Class*

Join us for our fabulous Noongar language classes hosted by Marie Taylor, a Traditional Owner, and Elder of Noongar Country. Marie has a wealth of knowledge and is an emotive storyteller who brings the language of the Noongar people to life. This is a great opportunity for beginners to learn the language of the first people of Southwestern Australia. Come and expand your knowledge, try a new language, and connect with local culture.

**Saturdays | monthly | 14 Oct, 11 Nov & 9 Dec | 9.45am - 11am | FREE**

**To register**

**W: [eventbrite.com/cc/noongar-language-and-culture-classes-1887659](https://www.eventbrite.com/cc/noongar-language-and-culture-classes-1887659)**

**T: 9231 0944**

**E: [Library.services@canning.wa.gov.au](mailto:Library.services@canning.wa.gov.au)**



## Kinyarwanda Language and Dance Classes

Kaartij Mia - (Training Room) | *Language Class*

You are invited to learn various traditional dances, storytelling and spoken/written Kinyarwanda language. Classes are open to everyone from the age of five years old! Each session will be taught by community volunteers, and it will be a non-judgmental and supportive learning environment.

**Saturdays | weekly | 14 Oct - 16 Dec | 1pm - 5pm | FREE**

**To register**

**Rwandan Community Abroad Perth Inc.**

**W: [facebook.com/RwandaCAP](https://facebook.com/RwandaCAP)**

**T: 0479 149 272 Linda**

**E: [rwandan.perth@gmail.com](mailto:rwandan.perth@gmail.com)**

---

## Indian Classical Dance Training

Bardip Mia (Art Room) | *Intercultural Experience*

MAST Cultural and Language Association and The Academy of Indian Classical and Bollywood Dance brings you Indian Classical Dance classes. The academy aims to promote Indian culture through Hindi and Bengali languages and dances to multicultural and mainstream communities. Spaces are limited.

**Sundays | weekly | 8 Oct, 29 Oct & 5 Nov | 1pm - 3pm | FREE**

**For more information**

**T: Rakhi Bose 0411 314 345 or Amit Mehta 0406 821 921**

---

## Somali Language Classes

Bardip Mia (Art Room) | *Language Class*

Students get to learn the basic academic Somali language and wellbeing. A place where students feel a sense of belonging, connection with their peers and community as well as learning from their teacher. All ages are welcome. Classes are growing so booking is essential.

**Sundays | weekly | 15 Oct - 10 Dec | 5pm - 7pm | FREE**

**To register**

**Somali Support Perth Inc.**

**T: Luul 0466 696 558**

**E: [somaligroup229@gmail.com](mailto:somaligroup229@gmail.com)**

## **Zumba Fitness Class for Adults**

Multipurpose Hall | *Wellbeing*

A lively and energetic fitness class for all ages and fitness levels. Come and enjoy a dynamic workout that combines dance and aerobic movements with Latin and international music. Focus on improving cardiovascular fitness, flexibility, coordination, and overall body strength. The class promotes inclusivity, social interaction, and is a fun way to achieve fitness goals while boosting overall well-being.

**Tuesdays | weekly | 17 Oct – 12 Dec | 1.30pm – 2.30pm | by donation**  
**To register**

**W:** [ZumbaHillview.eventbrite.com.au](https://www.eventbrite.com.au)

**T:** 0478 223 409 Rock Vincent

**E:** [rockvincentviente@gmail.com](mailto:rockvincentviente@gmail.com)

---

## **Hillview Community Dialogue Series**

Multipurpose Hall | *Intercultural Conversation*

Community challenges require community solutions, and these community solutions emerge when we are in conversation with one another. The challenge is often just having the time, place, and support for it to happen – until now. Hosted by experienced facilitators from Counterbrace by DrawHistory, this community dialogue series is open to all members of the community to come together in a safe, welcoming, and encouraging space, to discuss the sometimes-difficult issues that matter to all of us. Registration is necessary as places are limited. Drinks and refreshments provided.

**Wednesdays | quarterly | 29 Nov | 6pm – 8pm | FREE**

**To register**

**W:** [HillviewDialogue29Nov.eventbrite.com.au](https://www.eventbrite.com.au)

**T:** 08 9461 7186

**E:** [hillviewhub@canning.wa.gov.au](mailto:hillviewhub@canning.wa.gov.au)

## Celebrating Grandcarers in Canning

Multipurpose Hall | *Celebration*

As part of National Carers Week 15 – 21 October 2023, the City of Canning will be recognising and celebrating the special contributions of Grandcarers, with a networking event of cooking and sharing bush tucker while gathering to enjoy each other's company. Support organisations and resources will also be available at the event.

**Thursday | one-off | 19 Oct | 10am – 12.30pm | Free**

**To register**

**City of Canning**

**W:** <https://www.eventbrite.com.au/e/712812059057>

**T:** 0481 096 793

**E:** [Jessika.vanderMark@canning.wa.gov.au](mailto:Jessika.vanderMark@canning.wa.gov.au)

---

## Intercultural Reading Circle

Kaartij Mia (Training Room) | *Intercultural experience/ social connection*

Come along to chat and connect with others in the multicultural community. No need to read a specific book or finish it by a certain time, we discuss a broad range of topics including books, literature, and life. Children 0-5 years welcome, activities for them plus morning tea for all provided.

**Thursdays | fortnightly | 19 Oct – 14 Dec | 10am – 11.30am | FREE**

**To register**

**City of Canning Libraries**

**W:** [canninglibraries.eventbrite.com](https://canninglibraries.eventbrite.com)

**T:** 9231 0944

**E:** [Library.services@canning.wa.gov.au](mailto:Library.services@canning.wa.gov.au)

## Hillview Movers and Shakers – Leaders Leading Leaders

Multipurpose Hall | *Networking*

The Movers and Shakers networking session brings community leaders together to share, uplift and support each other in their community service journey. We invite you to connect, collaborate and recharge.

**Fridays | quarterly | 3 Nov | 6pm – 8pm | FREE**

**To register**

**W: [HillviewMoversShakers3Nov.eventbrite.com.au](https://www.eventbrite.com.au/HillviewMoversShakers3Nov)**

**T: 08 9461 7186**

**E: [hillviewhub@canning.wa.gov.au](mailto:hillviewhub@canning.wa.gov.au)**

---

## nulD Podcast: Stories from our Community ~ The Launch Event

Multipurpose Hall | *Intercultural Experience*

Join us for a great evening of celebrating stories. Engage in enriching discussions with a live panel of community leaders, representatives, and talented artists, all sharing their unique perspectives on identity within our multicultural society. You will be treated to the flavours of the Indian Ocean Islands with a delectable Creole street food style buffet dinner. Bookings required as spots are limited.

**Friday | one-off | 10 Nov | 6pm – 8pm | Donation**

**To register**

**United in Diversity & Nuanced: Community Innovators**

**W: <https://bit.ly/3LsUymY>**

**T: 0424 083 427 (WhatsApp) Kuda**

**E: [JoinUs@nuanced.au](mailto:JoinUs@nuanced.au)**

---

## Christmas Craft and Bake Sale

Multipurpose Hall | *Food/Cooking*

Please join us for our Annual Craft and Bake Sale. Beautifully packaged treats and handmade crafts for holiday gifting. Raffles and a sausage sizzle. Free face painting for the kids.

**Saturday | one-off | 9 Dec | 10am – 2pm | FREE**

**People Helping People International Ltd.**

**Walk ins, all are welcome**

## Amatebeto **Zambian Cultural Event**

Multipurpose Hall | *Intercultural Experience*

Amatebeto, meaning Thanksgiving, is all about showing gratitude for who we are as a community and what we have accomplished. It's a chance for us to reflect on our upbringing and honour the nation from which we come. Matebeto is an occasion for enjoyment, food, culture, fellowship, and a sense of belonging where we may value one another. Come and join us as we celebrate Zambia. Registrations essential.

**Saturday | one-off | 4 Nov | 12.30pm - 9pm | Ticketed event**

**To register**

**Organization of Zambians In WA**

**W:** <https://www.eventbrite.com.au/e/719714173467>

**T:** 0431 630 104 (Faith)

**E:** [ozaliwa@gmail.com](mailto:ozaliwa@gmail.com)

---

## Turkish Republic Day **100 Year Celebration**

Multipurpose Hall | *Intercultural Experience*

Let's enjoy the Turkish culture and history together. We will have various speeches, a traditional Turkish dinner with vegetarian option, live Turkish music performances, Turkish folk dances, poems, raffle prizes, face painting and most importantly an open dance floor to maximise the fun. Tickets essential.

**Saturday | one-off | 28 Oct | 4.30pm - 9pm | Ticketed event**

**To register**

**Women of World Stage Inc. (WOWS)**

**W:** <https://www.trybooking.com/CLEQF>

**T:** 0417 684 257 Filiz Shah

**E:** [admin@wows.org.au](mailto:admin@wows.org.au)

## **MEXICO - Day of the Dead (Dia De Los Muertos)**

Multipurpose Hall | *Intercultural Experience*

MEXICO celebration for 'Day of the Dead'. UNESCO recognises, this annual event has a long tradition of respectfully honouring all family members past and present. The event will include Ixtzul Mexican folkloric dance troupe and Muchos Mariachi band performances, a short lesson and explanation of the celebration, skull decorating, pan de muerto (traditional bread) and Mexican hot chocolate. A family friendly event celebrating the richness of Mexican culture. All welcome.

**Sunday | one-off | 29 Oct | 4.30pm – 6.30pm | Ticketed event**

**To register**

**Victoria Park Centre for the Arts**

**W: [eventbrite.com.au/e/mexico-day-of-the-dead-tickets-700056346377](https://eventbrite.com.au/e/mexico-day-of-the-dead-tickets-700056346377)**

**T: (08) 64541803**

**E: [kya\\_admin@vicparkarts.org.au](mailto:kya_admin@vicparkarts.org.au)**

---

## **Bonapasogit Perth Inc Christmas Celebration**

Multipurpose Hall | *Intercultural Experience*

Bonapasogit Perth Inc is set to spread the Christmas spirit promising an evening filled with warmth, togetherness, and offering a glimpse into the vibrant tapestry of cultures that make up the Bonapasogit Perth Inc. family. A portion of the event's proceeds will go toward supporting local charitable initiatives, embodying the organization's commitment to social responsibility.

**Saturday | one-off | 2 Dec | 5pm – 9pm | Ticketed event**

**To register**

**Bonapasogit Perth Inc**

**E: [bonapasogit.perth@gmail.com](mailto:bonapasogit.perth@gmail.com)**



## Cultural Dinner - Reach Her

Multipurpose Hall | *Intercultural Experience*

You are invited to a cultural dinner fundraiser hosted by Reach Her Inc. Bring your family out and savour the flavour of Italian food as prepared by chef David Taylor. David is going to demonstrate how to make delectable focaccia bread from scratch. There will be entertainment, raffles and much more. Please bring your family and friends. All funds raised will be used towards creating further resources for the community.

**Saturday | one-off | 18 Nov | 6pm – 8.30pm | Ticketed event**

**To register**

**Reach Her Inc.**

**W: [eventbrite.com.au/e/cultural-dinner-tickets-709364346857](https://eventbrite.com.au/e/cultural-dinner-tickets-709364346857)**

**T: 0414 312 079**

**E: [info@reach-her.com](mailto:info@reach-her.com)**

---

## Tamil Nathi (The River of Tamil)

Kaartij Mia (Training Room) | *Language Class*

Introduction to Tamil language, culture, and literature to the community. Tamil language has three main components Iyal, Isai and Naadagam. “Iyal, Isai, Naadagam” is a phrase that refers to the three main components of traditional Tamil art and culture. “Iyal” refers to literature, “Isai” refers to music and “Naadagam” refers to drama. Tamil Nathi activities will incorporate the three and promote connection to languages and cultures.

**Saturday | Monthly | 21 Oct, 18 Nov & 16 Dec | 9am – 12pm | FREE**

**To register**

**T: 0452 635 262**

**E: [jsn.marimuthu@gmail.com](mailto:jsn.marimuthu@gmail.com)**

## Positive Thinking Meditation Classes

Kaartij Mia (Training Room) | *Wellbeing*

Start your day with a positive and refreshing outlook. Our experienced facilitator will guide you through relaxing music and powerful affirmation. Benefits include reduced stress and improved concentration, calmer response to life, improved health, and wellbeing.

**Sundays | fortnightly | 8 Oct - 17 Dec | 3pm - 4.30pm | FREE**

**To register**

**Federation of Indian Associations of WA Inc.**

**W: [fiawa.org.au/](http://fiawa.org.au/)**

**T: 0401 717 438 Sai / 0406 115 512 Narendra**

---

## Loy Krathong (Full Moon Festival)

Multipurpose Hall | *Intercultural Experience*

Come and celebrate Loy Krathong translated as “to float ritual vessel or lamp,” and comes from the tradition of making krathong or decorated baskets, which are then floated on a river. The decorated krathong are used to thank the Goddess of Water and River and make a wish for a better year to come.

**Sunday | one-off | 12 Nov | 12pm - 5pm | FREE**

**To register**

**W: [thailanguagecentreofperth.org/thai-community](http://thailanguagecentreofperth.org/thai-community)**

**T: 0401 071 864 (Saowarak)**

**E: [khunsaowarak@gmail.com](mailto:khunsaowarak@gmail.com)**

---

## Bollywood Fitness Dancing Classes

Multipurpose Hall | *Wellbeing*

A lively and energetic class where you learn this amazing dance style inspired by Bollywood films and find out how hand, neck and head movements, facial expressions and costumes create a fusion of dance and theatre. Everyone is welcome.

**Sundays | fortnightly | 8 Oct - 17 Dec | 10.30am - 12pm | FREE**

**To register**

**Federation of Indian Associations of WA Inc.**

**W: [fiawa.org.au/](http://fiawa.org.au/)**

**T: 0401 717 438 Sai / 0406 115 512 Narendra**



## Multipurpose Hall

The Multipurpose Hall is a chameleon space which changes from active programming areas, utilised for the delivery of a wide range of community workshops to passive relaxing areas where you can interact with friends or groups.

This comfortable area includes a range of lounge and modular seating, workspaces and tables. During unprogrammed times this space is available for everyone to use, please see the centres weekly schedule posted in the centre for unstructured times. Alternatively this information will be made available at **[canning.wa.gov.au/hillviewhub](http://canning.wa.gov.au/hillviewhub)**



**Subscribe  
to our  
Newsletter**



**Join our  
Facebook  
Group**



**To book a space, visit  
[https://www.spacetoco.com/host/  
hillview-intercultural-community-centre](https://www.spacetoco.com/host/hillview-intercultural-community-centre)**



**CITY OF  
CANNING**

**Hillview  
Hub**

1-3 Hill View Place, Bentley

Alternative versions of this document can be made available  
on request, including languages other than English.

**Hillview Intercultural Community Centre Team**  
**P 08 9461 7186 | E [hillviewhub@canning.wa.gov.au](mailto:hillviewhub@canning.wa.gov.au)**

This brochure has been printed on 100% recycled paper.

**[CANNING.WA.GOV.AU](https://canning.wa.gov.au)**



**lotterywest**

Supported by Lotterywest.



**GOVERNMENT OF  
WESTERN AUSTRALIA**

This project has been supported by the  
WA Government as part of the election  
commitment grant program.