## 2021 Short Telelink Programs

The following Schedule is a guide to the 10-week Short programs offered including the day, topic, start and end dates, frequency, time and description. The Short Telelink programs will be delivered by Zoom and session are 1-hour duration. All times are AEST / AEDT. Telelink is a complimentary service available to all Vision Australia clients aged 18 and over. This is made possible thanks to generous philanthropic support.

For further information on Telelink programs contact Vision Australia 1300 847 466 or Telelink direct 1800 458 555 or 03 9864 9555 Email Telelinkinfo@visionaustralia.org

Also visit: <https://www.visionaustralia.org/community/groups/telelink>

**Multicultural Food**

**When: every Tuesday 11am 21 September – 23 November 2021**

**About: Calling domestic cooks and food fanatics! A program for people who love to cook, eat and share their culinary experiences.**

**Your chance to share and learn about foods from diverse cultures, the traditions and myths behind the recipes and produce, or simply your favourite dishes!**

**Eligibility: 18+**

**Suitability:**

**Getting Online**

**When: every Wednesday 11am 22 September – 24 November 2021**

**About: We are a group for people who want to learn and understand the basics to access the internet for everyday tasks and services.**

**Eligibility: need to have the internet and some basic computing skills.**

**Eligibility: 18+**

**Suitability:**

**Bounce Into Life**

**When: every Wednesday 7pm 22 September – 24 November 2021**

**About: A fun and informative program that will get you Bouncing into Life. This 10 week program will give you the opportunity to participate in an investigation of what makes you “Do what you do” know and how you can make positive change in your life to do something new and exciting, to overcome barriers, and to create a new reality. You will interact with others on their journey of overcoming adversity, building resilience and setting goals for the future. You will have the support of skilled Facilitators and those who you are undertaking the journey with.**

**Eligibility requirements: If you are ready to move away from being stuck or frustrated about where your life is now, and want to create a new future and achieve your dreams, this is the course for you so bring your open mind, a willingness to participate and begin your journey today. Please note: Bounce Into Life is a non-judgement zone, everyone has a right to be heard and supported on their journey. Confidentiality is a must and is held in a safe environment. Participants will need to have access to their preferred method of recording their notes throughout the program duration.**

**Suitable for: 18+**

**Theatre, acting, and improvisation**

**When: every Thursday 10:30am 23 September - 25 November 2021**

**About: Do you have a passion for acting, drama, stage performance? In this program, people who are BLV get the opportunity to develop their creative personas!**

**Our presenter will workshop various techniques and role plays with you and who knows, you may produce a short play or performance at the end of the program!**

**Eligibility: 18+**

**Suitability:**

**Building Positivity in your Everyday**

**When: every Friday 11am 24 September – 26 November 2021**

**About: Join our skilled presenter who will unlock your potential and encourage positivity back in your thoughts and day-to-day interactions and relationships**

**Eligibility: 18+**

**Suitability:**

**How do I join?**

Contact Vision Australia 1300 847 466 or email telelinkinfo@visionaustralia.org.