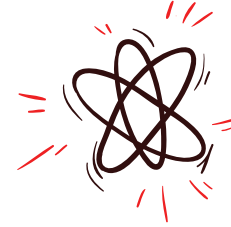




# YWCA Canberra Clubhouse Spring 2018 School Holidays



MONDAY 01/10/18	TUESDAY 02/10/18	WEDNESDAY 03/10/18	THURSDAY 04/10/18	FRIDAY 05/10/18
CLOSED	Fishing* 10:00am - 4:00pm	Flipout* 10:00am - 4:00pm	Tie Dying/ Screen Printing 1:00pm - 5:00pm	Website Design with Skillshare and WIX 1:00pm - 5:00pm
MONDAY 08/10/18	TUESDAY 09/10/18	WEDNESDAY 10/10/18	THURSDAY 11/10/18	FRIDAY 12/10/18
Questacon* 1:00pm - 5:00pm	DSLR Camera Essentials with Skillshare 1:00pm - 5:00pm	Games Plus* 1:00pm - 5:00pm	Mindfulness Art and the Brain 1:00pm - 5:00pm	Mindfulness Art and the Brain 1:00pm - 5:00pm

\*Excursions require a signed permission form

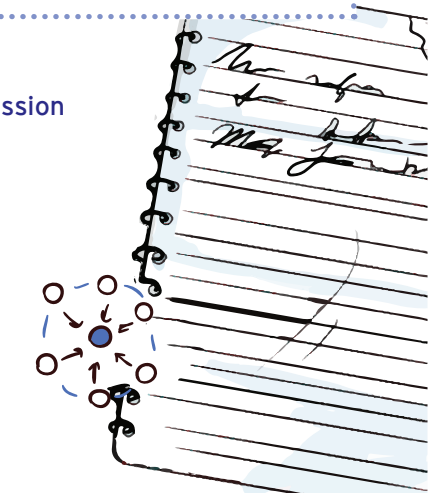
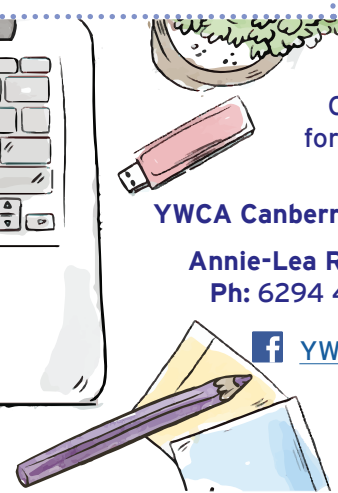
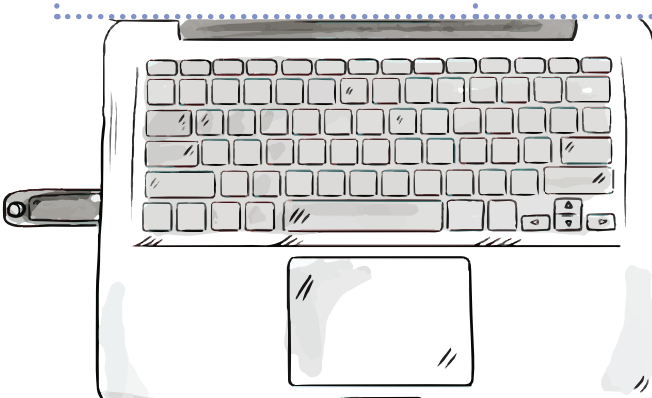
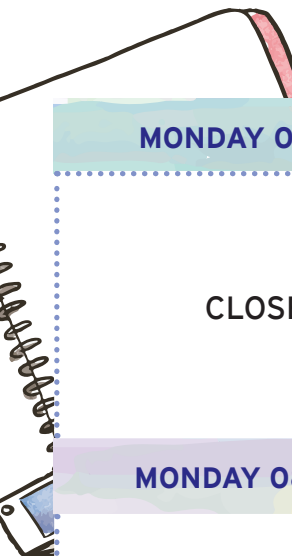
Open to Clubhouse members only (free). Membership and excursion permission forms can be downloaded from our website.

YWCA Canberra Clubhouse, May Gibbs CI, Richardson

Annie-Lea Rowley YWCA Canberra Clubhouse

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## YWCA Canberra Clubhouse

The YWCA Canberra Clubhouse, located in Richardson, is a free, out-of-school learning space that connects young people aged 10 -18 in Tuggeranong with access to the latest technology, and the mentoring and support needed to grow their skills in science, technology, engineering, arts and mathematics (STEAM).

Members can drive their own projects according to their interests and ideas, and staff provide support and assistance. Clubhouse mentors also engage with members by sharing their experience and knowledge. The Clubhouse also offers a free school holiday program during each school break. A Clubhouse membership is free and a form can be downloaded on the Clubhouse website.

### **Clubhouse opening hours:**

Monday - Friday, 3:00pm - 6:00pm.

## Game Plus

Game Plus is a collaborative workspace for game developers and related specialist technology start-ups. Established to support the needs of small independent studios, Game Plus is a workspace that has been custom built to enhance collaboration and innovation. Founding tenants of Game Plus are drawn from games, education, mobile development, animation and film.

Game Plus provides a hub for digital entrepreneurs to co-locate, share resources, knowledge and opportunities. It's also a focal point for government and industry to access a range of specialist expertise in interactive entertainment, simulation and training.

## Skillshare

Skillshare is an online learning community with thousands of classes in design, business, tech, and more. It is a community to learn cutting-edge skills, network with peers and discover new opportunities.

Skillshare's purpose is to make the new economy an open meritocracy, where the skills and expertise needed to succeed are available for anyone willing to learn them.

## Mindfulness Art and the Brain

In this two-day workshop, we will explore the relationship our brains have with mindfulness practices. We will learn about the different structures within the brain and how they can be manipulated with mindfulness.

Moving on from this, we will be looking at how creating art can be used to practice mindfulness and the proposed health benefits. Participants will work to create their own piece of artworks of collection of artworks. This could include a mindfulness colouring book, family crest, galaxy sky, mandala, tattoo design and more.