

About COTA ACT

COTA is the peak organisation concerned with all ageing issues. It is an independent, non-party political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

COTA ACT is a member of the Australia wide organisation COTA Australia, through which it contributes to the development of national policies and agendas.

COTA talks to Governments, the media and the community about topics concerning older people in the ACT. We make regular submissions to government on current issues affecting older people.

As a member of several ACT government standing committees, 'round tables' and departmental groups, COTA has ongoing input into the advice going to government.

COTA also provides a range of services for Canberra citizens.

Become a member of COTA ACT and Belong, Benefit and Be Heard.

COTA ACT is a people before profit organisation with over two thousand individual members. Becoming a member both increases the effectiveness of COTA and provides information and direct benefits for you. Please contact COTA for more information on membership. Call 1300 1400 50 or visit www.cotamembership.org.au.

Contact Us

Council on the Ageing ACT
Hughes Community Centre
Wisdom Street
HUGHES ACT 2605

PHONE: 02 6282 3777
EMAIL: contact@cotaact.org.au
WEB: www.cotaact.org.au



About This Brochure

This brochure is one in a series of topic specific service listings extracted from COTA (ACT)'s Directory of Services for the Ageing. The directory can be obtained at www.cotaact.org.au or by contacting the COTA office.

Other brochures include:

- Learning Opportunities
- High Care Accommodation
- Respite Accommodation
- Ageing in Place Accommodation
- Low Care Accommodation
- Retirement and Self Care Accommodation
- Dementia Specific Accommodation
- Palliative Care and Accommodation
- Crisis Accommodation
- Respite Services
- Help Lines
- Transport
- Services for the Ageing
- Carer Services
- Dementia Services
- Hearing Services
- Women's Groups
- Senior's Groups and Activities
- Keeping Active
- Men's Services

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Learning Opportunities



Produced with assistance from ACT Health



Centre for Continuing Education, Australian National University

Australian National University, ACTON ACT 2601

P: 6125 2892
E: enquiries.cce@anu.edu.au
W: www.anu.edu.au/cce

CIT Skills for Carers

Centre for Health, Community and Well Being,
GPO Box 826, CANBERRA ACT 2601

P: 6207 3628
E: carerskills@cit.act.edu.au

CIT Solutions Adult Community Education Program

PO Box 226, JAMISON CENTRE ACT 2614

P: 6207 4441
E: citsol@cit.act.edu.au
W: www.citace.edu.au

COTA ACT Community Education Program

Guest speakers provide free group
information sessions.

Hughes Community Centre, Wisdom Street,
HUGHES ACT 2605

P: 6282 3777
E: communityed@cotaact.org.au
W: www.cotaact.org.au

Dickson College Evening Recreational Classes

Dickson College, Phillip Avenue, DICKSON ACT
2602

P: 6205 6455
E: info@dicksonc.act.edu.au
W: www.dickson.act.edu.au

First Aid Training - Australian Red Cross

P: 1300 367428
E: actfirstaid@redcross.org.au

Home Tutor Scheme - Adult Migrant English Program

Canberra Institute of Technology, Constitution
Avenue, REID ACT 2612

P: 6207 3100
E: infoline@cit.edu.au
W: www.cit.act.edu.au

Lake Nite Learning; UC Senior Secondary College Lake Ginninderra

Lake Ginninderra College, Emu Bank, BELCONNEN
ACT 2617

P: 6205 6665
E: classes@lakenitelearning.com.au
W: www.lakenitelearning.com.au

Learning Circle

Senior's Centre, Tuggeranong Community Centre,
245 Cowlshaw Street, GREENWAY ACT 2900

P: 6293 6500
W: www.commsatwork.org

PC Users Group ACT Inc

PO Box 3242, WESTON CREEK ACT 2611

P: 1800 728 853
E: pcug@pcug.org.au
W: www.pcug.org.au

Probus Association of Canberra & District Inc

P: 6258 0376
E: 1987actprobus@gmail.com
W: www.probus.com.au

University of Canberra

University Rd, BRUCE ACT 2617

P: 6201 5111
W: www.canberra.edu.au

University of the Third Age Inc ACT Office

Hughes Community Centre, Wisdom Street,
HUGHES ACT 2605

P: 6281 6998
E: secretary@u3acanberra.org.au
W: www.u3acanberra.org.au