



Southern  
Migrant & Refugee  
Centre

# Program Guide

Term 2, 2023 | 24 April – 23 June



# ABOUT SMRC



SMRC is a for-purpose community-based agency providing services to migrants and refugees living in the southern region of Melbourne, including the local government areas of City of Greater Dandenong, City of Casey, Shire of Cardinia and surrounding suburbs.

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## Southern Migrant & Refugee Centre

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# CITIZENSHIP CLASSES



## Citizenship Classes

**Term 2 starts:** Friday 28th April

Becoming an Australian citizen means migrants and refugees make an ongoing commitment to Australia and our shared values.

It is an important step in their lives, as they will be entitled to exercise their rights and responsibilities as a citizen of the Australian nation.

Therefore, we aim to cover the four parts of testable sections in the book within 12 weeks.

**Participants learn about the following:**

- General information about eligibility, important required documents, and how to apply for citizenship.

- Part 1 – Australia and its people
- Part 2 – Australia’s democratic beliefs, rights, and liberties
- Part 3 – Government and the Law in Australia
- Part 4 – Australian Values.

Participants will be prepared for the citizenship tests by practicing and revisions in the class.

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**Day:** Friday 11 a.m. – 12.30 p.m.  
during the school term.

**Contact:** Freshta Qasimi:  
**e:** freshtaq@smrc.org.au or  
**ph:** 9767 1900

**Cost:** Free



# LEARN AND GROW



## Sister's Circle

**Term 2 starts:** Friday 28th April

Social group /digital literacy class designed to promote social inclusion of women who have been in Australia for less than five years. The classes focus on empowering women through improving their digital skills, financial literacy, knowledge of support services such as legal aid, Orange Door, Safe Steps and many more. The clients will have access to laptops to practice what they are taught in the class.

**Ten information sessions to assist women in finding support services.**

1. Introduction to the programs and services available for women.
2. Rights and responsibilities in Australia.

3. Financial counselling and accessing services.
4. Finding employment – Referral to SMRC (Employment Xchange).
5. Police and Emergency response services.
6. Understanding and identifying family violence.
7. Contacting supporting services in an emergency and seeking help.

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**Day:** Friday 9.30 a.m. – 1 p.m.  
during the school term, SMRC Level 1.

**Contact:** Najma Ahmadi:  
**e:** najmaa@smrc.org.au or  
**ph:** 9767 1900

Malahat Kamali:  
**e:** malahatk@smrc.org.au or  
**ph:** 9767 1900

**Cost:** Free

# THE LEARNING SPACE



## Social Sewing

**Term 2 starts:** Wednesday 26 April  
Self-paced class where students bring their own material and learn different basic sewing techniques taught by our talented teachers. Sewing machines and some basic material is provided and childcare is provided. The class not only provides an opportunity for students to learn about sewing but also a great way to socialize and share talents with peers.

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**Day:** Wednesday 12 – 2 p.m. during school term, SMRC Level 1.

**Contact:** Najma Ahmadi:  
**e:** programenquiries@smrc.org.au  
or **ph:** 9767 1900

**Cost:** Per term: \$20 first class,  
\$5 additional classes.

## English for Driving

**Term 2 starts:** Thursday 4 May  
Are you wanting to get your driving license but cant read Dari or English? English for Driving is available for Permanent Residents who have been in Australia under 5 years. It will help you to understand key words and signs and get you ready to join our Driving Program.

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**Day:** Thursday 12 – 2 p.m.  
during school term, SMRC Level 1.

**Contact:** Fahima Haidari:  
**e:** fahimah@smrc.org.au or  
**ph:** 9767 1900

**Cost:** Per term: \$20 per course,  
\$5 additional courses.

**Classes must be pre-booked** – when the class is full we will keep a waiting list.

# WOMEN'S EXERCISES CLASSES



## Women's Yoga

**Term 2 starts:** Monday 24 April

Join us for yoga and friendship at our free Yoga classes for women, held weekly during school term. Refreshments are provided after class.

Yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

Most women who practice yoga will say that it enables them to experience a sense of wholeness, presence and peace.

It also helps them gain flexibility, improve balance, tone muscles.

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**Day:** Monday 10 – 11 a.m.  
during the school term, SMRC Level 1.

**Contact:** Rebecca Abernethy:

**e:** [rebecca@smrc.org.au](mailto:rebecca@smrc.org.au) or

**ph:** 9767 1900

**Cost:** Free

# FREE MEN'S GROUP



## Chay Khana Men's Group

### Every Friday

Join our free men's group, Chay Khana, the first of its kind in Melbourne. A place for Afghan men to connect, relax and enjoy the company of others.

The SMRC Chay Khana (Tea House) is a social wellbeing program for Dari and Persian speaking men and their families that provides a comfortable and culturally appropriate space to make new connections, share food, enjoy music and access support.

Chay Khana provides a safe space for Afghan men to speak about issues and challenges they are experiencing, while encouraging them to use relevant support networks to enhance their quality of life.

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**Day:** Every Friday, 3 – 6 p.m.  
SMRC Level 1.

**Contact:** Mirwais Janbaz  
**e:** [mirwaism@smrc.org.au](mailto:mirwaism@smrc.org.au) or  
**ph:** 9767 1900  
**Cost:** Free



# YOUTH PROGRAM



## Homework Club

**Term 2 starts:** Monday 24 April

Homework Club is a free tutoring program which assist students with all their study related needs. This program will help students from migrant and refugee backgrounds, aged between 12 to 25 years and living in Australia for less than 5 years. The program is running in person and online.

**Days:** Monday, Tuesday and Thursday, 3.30 – 5.45 p.m. during school term, SMRC Level 1.

**Contact:** Anwar Afzali:

**e:** [anwara@smrc.org.au](mailto:anwara@smrc.org.au) or

**ph:** 0408 327 192

Samira Faryadi:

**e:** [samiraf@smrc.org.au](mailto:samiraf@smrc.org.au) or

**ph:** 0458 090 958 **Cost:** Free

## Youth Career Support

**Term 2 starts:** Tuesday 2 May

Online or face to face one-on-one sessions available. Groups and school sessions can also be arranged.

Offering:

- Resume, cover letter and job search lessons
- Course, job or program application support
- Career exploration and goal setting sessions
- Practice interviews and more.

**Day:** Face to face bookings, Tuesdays 10 a.m. – 6 p.m. or online other days by appointment.

**Contact:** Crystal Naismith:

**e:** [crystaln@smrc.org.au](mailto:crystaln@smrc.org.au) or

**ph:** 0407 880 209

**Cost:** Free

This program is supported by funding received from the Australian Government/Department of Social Services under the SETS program.





## Youth Advisory Group

**Term 2 starts:** Wednesday 26 April  
Youth Advisory Group is a part of our youth program which assist the students with their leadership skills, public speaking, self-confidence and boosting their knowledge regarding different developmental programs. This program is running once a month online and in person. Youth Advisory meetings are held on the last Wednesday of each month.

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**Day:** Last Wednesday of the month, SMRC Level 1.

**Contact:** Anwar Afzali:  
**e:** [anwara@smrc.org.au](mailto:anwara@smrc.org.au) or  
**ph:** 0408 327 192

Samira Faryadi:  
**e:** [samiraf@smrc.org.au](mailto:samiraf@smrc.org.au) or  
**ph:** 0458 090 958 **Cost:** Free

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This program is supported by funding received from the Australian Government/Department of Social Services under the SETS program.

## School Holiday Activities

Social, and fun activities for students during school holidays. Students have the opportunity to make new friends and network with other local agencies.

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**Contact:** Anwar Afzali:  
**e:** [anwara@smrc.org.au](mailto:anwara@smrc.org.au) or  
**ph:** 0408 327 192

Samira Faryadi:  
**e:** [samiraf@smrc.org.au](mailto:samiraf@smrc.org.au) or  
**ph:** 0458 090 958

**Cost:** Free

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# ACFE – PRE-ACCREDITED WEEKLY CLASSES



## Read and Write English

**Term 2 starts:** Tuesday 2 May

Basic English classes – 10-week course. The classes are for Australian permanent resident and citizens and are designed to improve the participants' reading and writing. The students are provided with basic English books and texts to read and are also encouraged to borrow books.

The class recently visited Dandenong Plaza where participants were able to practice their English, reading product names at Aldi.

The class has also visited the Dandenong library where participants had a chance to renew or get a new library card. Many also borrowed some books to take home and read.

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**Days:** Tuesday 9.30 a.m. – 12 p.m. during school term, SMRC Level 1.

**Contact:** Najma Ahmadi:  
**e:** [programenquiries@smrc.org.au](mailto:programenquiries@smrc.org.au)  
or **ph:** 9767 1900

**Cost:** Per term: \$20 per course, \$5 additional courses.

**Classes must be pre-booked** – when the class is full we will keep a waiting list.

**Certificate of Participation:** with 80% + attendance.



## Make Up, Hair and Beauty

**Term 2 starts:** Tuesday 2 May  
ACFE Pre-Accredited - Makeup and Beauty Industry – 10-week course in term 2 of 2023.

**The training will include:**

Introduction to Skin Care: skin damage protection, factors that positively and negatively affect the skin.

Introduction to Hair Management: hair care and styling.

Introduction to Makeup: skin preparation, allergy testing and makeup techniques for various situations: every-day, evenings and party, bridal parties.

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**Days:** Tuesday 12 – 2.30 p.m. during school term, SMRC Level 1.

**Contact:** Najma Ahmadi:  
**e:** [programenquiries@smrc.org.au](mailto:programenquiries@smrc.org.au) or  
**ph:** 9767 1900

**Cost:** Per term: \$20 per course, \$5 additional courses.

**Classes must be pre-booked** – when the class is full we will keep a waiting list.

**Certificate of Participation:** with 80% + attendance.





## Conversational English

**Term 2 Starts:** Wednesday 26 April

Basic English classes 10-week course in Term 2 of 2023 for Australian permanent residents and citizens focusing on conversational English. The classes are a way to provide support to new migrants to Australia by improving their day-to-day conversational English. Students are provided with the opportunity to practice speaking with peers or to community members during outings.

Participants say they are feeling much more confident after attending the classes for a term.

Participants have the opportunity to improve their English-speaking skills while socializing and connecting with community. They are also growing in confidence and becoming more independent. They no longer need to rely on language support for their day-to-day tasks such as booking appointments or taking public transport.

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**Days:** Wednesday 9.30 a.m. – 12 p.m. during school term, SMRC Level 1.

**Contact:** Najma Ahmadi:  
**e:** [programenquiries@smrc.org.au](mailto:programenquiries@smrc.org.au) or  
**ph:** 9767 1900

**Cost:** Per term: \$20 per course, \$5 additional courses.

**Classes must be pre-booked** – when the class is full we will keep a waiting list.

**Certificate of Participation:** with 80% + attendance.

# ACFE WORKSHOPS



## Introduction to Bicultural Work

Do you speak English well and one or more other languages? Are you interested in employment as a Bicultural Worker?

**This in-depth training includes:**

- Exploring and defining bicultural work
- Understanding the theories behind bicultural work
- The ethics and principles of bicultural work
- How to engage with and advocate for community
- Essential soft skills for bicultural work

**Workshop format:**

3 hours x 4 days (12 hours in total)

**When:** May/June – register your interest now

**Certificate of Participation:** with 80% + attendance.

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**Contact:** Najma Ahmadi:

**e:** [programenquiries@smrc.org.au](mailto:programenquiries@smrc.org.au) or

**ph:** 9767 1900

**Cost:** Per term: \$20 per course, \$5 additional courses.



## Fitting into Work

Are you having trouble getting a job in Australia?

Do you want to get a job and keep it?

**This practical training includes:**

- Transferable skills
- Build your confidence and communication skills
- Employer / employee rights and responsibilities
- Work Health and Safety
- Making friends at work

**Workshop format:**

3 hours x 4 days (12 hours in total)

**When:** May/June – register your interest now

**Certificate of Participation:** with 80% + attendance.

**Contact:** Najma Ahmadi:

**e:** [programenquiries@smrc.org.au](mailto:programenquiries@smrc.org.au) or

**ph:** 9767 1900

**Cost:** Per term: \$20 per course, \$5 additional courses.

## Employment Xchange

Supporting newly arrived clients into employment. Bookings essential.

**Days:** Bookings available for Monday to Wednesday.

**Contact:** Marina Savron:

**e:** [marinas@smrc.org.au](mailto:marinas@smrc.org.au) or

**ph:** 9767 1900

**Cost:** Free





## Introduction to Computers

**Term 2 Starts:** Wednesday 26 April Learn about computers, laptops and other digital devices.

- Basic functions
- Accessing the internet
- Apps
- Emails

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**Days:** Wednesday 12 – 2 p.m. during school term, SMRC Level 1.

**Contact:** Najma Ahmadi:  
**e:** [programenquiries@smrc.org.au](mailto:programenquiries@smrc.org.au) or  
**ph:** 9767 1900

**Cost:** Per term: \$20 per course, \$5 additional courses.

## Computers for Work

**Term 2 Starts:** Wednesday 26 April Do you want to use your laptop and smart phone to do more? Training includes learning more about:

- Using different browsers and apps
- Using emails and messaging apps
- Looking for employment
- Applying for jobs online - uploading resume; creating video resume
- Word, Outlook, Excel and PowerPoint.

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**Days:** Wednesday 9.30 a.m. – 12 p.m. during school term, SMRC Level 1.

**Contact:** Najma Ahmadi:  
**e:** [programenquiries@smrc.org.au](mailto:programenquiries@smrc.org.au) or  
**ph:** 9767 1900

**Cost:** Per term: \$20 per course, \$5 additional courses.



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