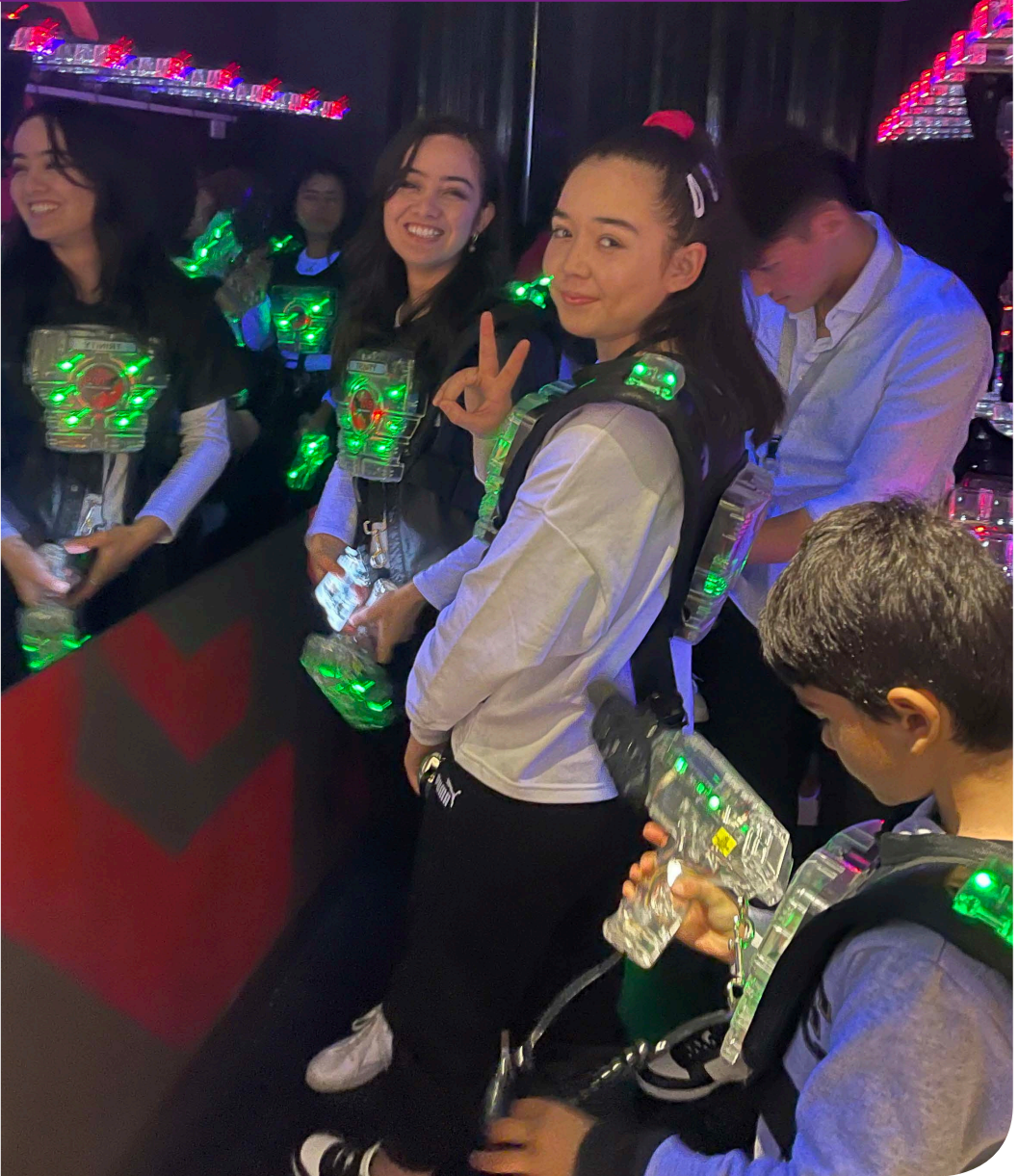


Program Guide

Term 3, 2023 | 12 July – 17 September



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.

Southern Migrant & Refugee Centre

39 Clow Street, Dandenong VIC 3175.

P: 9767 1900

E: smrc@smrc.org.au

www.smrc.org.au

[f](https://www.facebook.com/smrccdandenong) [i](https://www.instagram.com/smrccdandenong) [in](https://www.linkedin.com/company/smrccdandenong) @smrccdandenong



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CITIZENSHIP CLASSES



Citizenship Classes

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

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.

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 3 starts: Friday 14 July

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. 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.

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 3 starts: Friday 21 July
Do you want to sew with friends? Bring your own material and sewing machines will be provided. Our sewing teachers and volunteers will guide you through basic sewing techniques. Learn about sewing whilst sharing your talent with peers!

Day: Every second Friday 9.30 a.m. – 12 p.m. during school term, Cranbourne West Community Hub, 4 Flicka Blvd, Cranbourne West.

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 3 starts: Thursday 14 July
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.

Day: Thursday 10 a.m. – 12 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 3 starts: Monday 11 July

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.

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

Contact: Rebecca Abernethy:

e: 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.

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

Contact: Mirwais Janbaz:
e: mirwaism@smrc.org.au or
ph: 9767 1900

Cost: Free

YOUTH PROGRAM



Homework Club

Term 3 starts: Monday 10 July

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 or

ph: 0408 327 192

Samira Faryadi:

e: samiraf@smrc.org.au or

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

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

Youth Career Support

Term 3 starts: Tuesday 11 July

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 by appointment.

Contact: Crystal Naismith:

e: crystaln@smrc.org.au or

ph: 0407 880 209

Cost: Free



Youth Advisory Group

Term 3 starts: Wednesday 26 July

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.

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

Contact: Anwar Afzali:
e: anwara@smrc.org.au or
ph: 0408 327 192

Samira Faryadi:
e: samiraf@smrc.org.au or
ph: 0458 090 958 **Cost:** Free

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.

Contact: Anwar Afzali:
e: anwara@smrc.org.au or
ph: 0408 327 192
Samira Faryadi:
e: samiraf@smrc.org.au or
ph: 0458 090 958
Cost: Free

ACFE – PRE-ACCREDITED WEEKLY CLASSES



Read and Write English

Term 3 starts: Tuesday 11 July

Basic English classes – 10-week course. The classes are for Australian permanent resident and citizens.

Practice reading and writing English with the support of our teacher and volunteers.

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

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

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

Register your interest - all classes are limited to 20 students.

Certificate of Participation: with 80% + attendance.



Conversational English

Term 3 Starts: Wednesday 12 July

Basic English classes 10-week course for Australian permanent residents and citizens focusing on conversational English. Practice speaking English for everyday socialising and connecting with the wider community. Our teacher and volunteers will help you along the way.

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

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

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

Register your interest - all classes are limited to 20 students.

Certificate of Participation: with 80% + attendance.



Introduction to Computers

Term 3 Starts: Tuesday 11 July Learn about computers, laptops and other digital devices.

- Basic functions
- Accessing the internet
- Apps
- Emails

Days: Tuesday 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 per course, \$5 additional courses.

EMPLOYMENT XCHANGE



Looking for job and career support?

Support for newly arrived clients include:

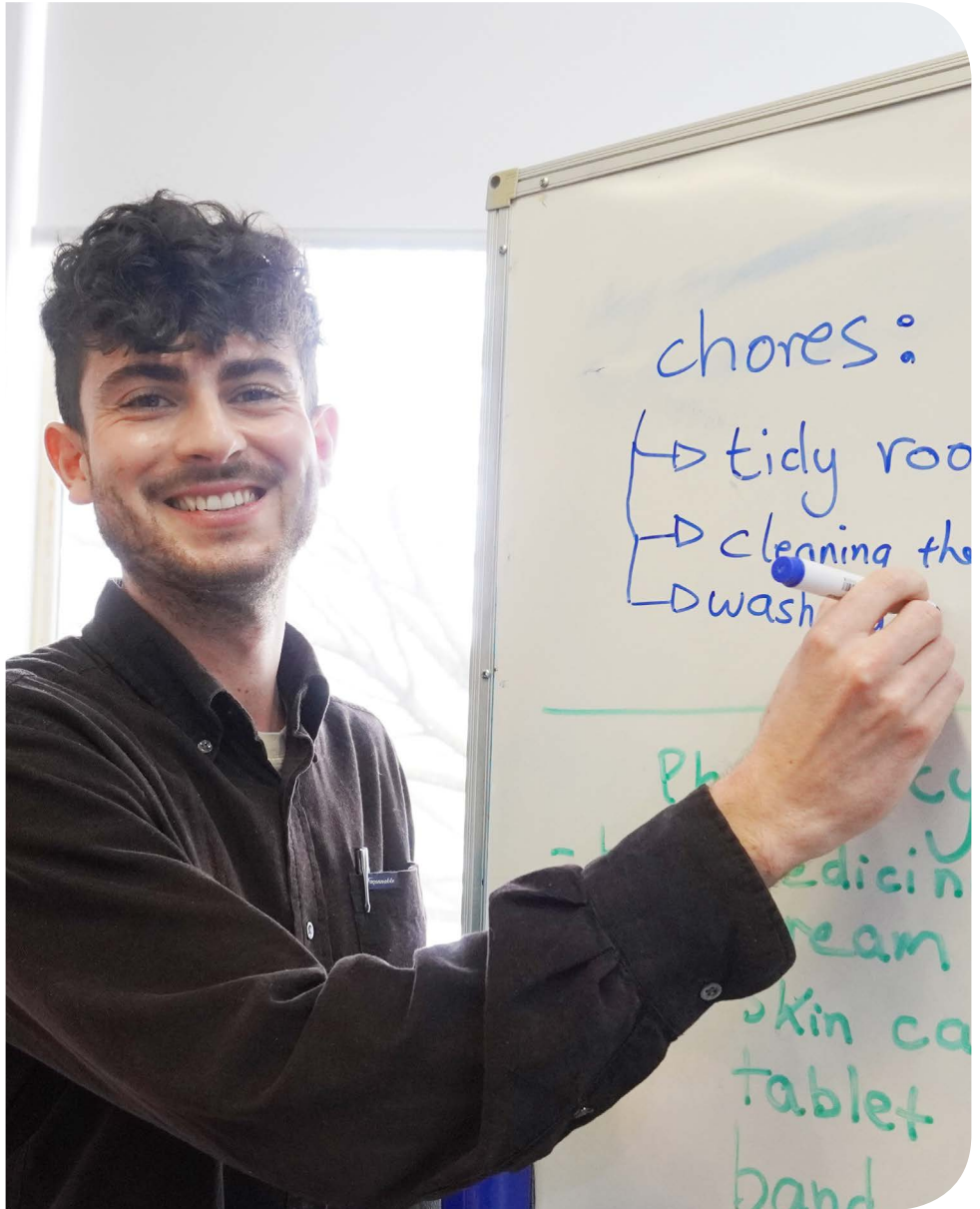
- helping you find work.
- improve your resume and cover letter.
- guide you toward recognising your overseas qualifications.
- help you decide what courses lead you to the job you want.

Days: Bookings available for Monday to Wednesday.

Contact: Marina Savron:
e: marinas@smrc.org.au or
ph: 9767 1900

Cost: Free







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