



# Program Guide

Term 4, 2023 | 2 Oct – 20 Dec



# 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

39 Clow Street, Dandenong VIC 3175.

P: 9767 1900

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# CITIZENSHIP CLASSES



## Citizenship Classes

**Term 4 starts:** Wednesday 4 October.

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.

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**Day:** Wednesdays 12 - 2 p.m. during the school term.

**Contact:** Najma Ahmadi:  
**e:** [najmaa@smrc.org.au](mailto:najmaa@smrc.org.au) or

Farida Mushfiq:  
**e:** [faridam@smrc.org.au](mailto:faridam@smrc.org.au)

**ph:** 9767 1900

**Cost:** Free



# LEARN AND GROW



## Sister's Circle

**Term 4 starts:** Friday 6 October.

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.

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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](mailto:najmaa@smrc.org.au) or

Malahat Kamali:

e: [malahatk@smrc.org.au](mailto:malahatk@smrc.org.au)

ph: 9767 1900

**Cost:** Free

# THE LEARNING SPACE



## Learn to Sew

**Term 4 starts:** Wednesday 4 October  
Structured and self-paced class where students bring their own material and learn different basic sewing techniques taught by our teachers. Sewing machines and some basic material is provided and childcare is provided. Socialise and share your talents with peers!

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

**Contact:** Najma Ahmadi:  
**e:** [najmaa@smrc.org.au](mailto:najmaa@smrc.org.au) or

Farida Mushfiq:

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

**ph:** 9767 1900

**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.

## English for Driving

**Term 4 starts:** Monday 9 October  
Want to pass the Drivers License test the first time? Suitable for learner drivers who want to improve their confidence and knowledge of road rules and road signs in English. Basic English required.

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**Day:** Monday 10 a.m. – 12 p.m.  
during school term, SMRC Level 1.

**Contact:** Fahima Haidari:  
**e:** [fahimah@smrc.org.au](mailto: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.

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# WOMEN'S EXERCISES CLASSES



## Women's Yoga

**Dates:** Monday 18 September – 11 December.

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.  
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.

**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 4 starts:** Monday 4 October.

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.

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**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

Samira Faryadi:

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

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

## Youth Career Support

**Term 4 starts:** Tuesday 3 October.

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.

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

**Contact:** Crystal Naismith:

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

**ph:** 0407 880 209

**Cost:** Free





## Youth Advisory Group

**Term 4 starts:** Wednesday 24 October.

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.

## 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

# ACFE – PRE-ACCREDITED WEEKLY CLASSES



## Read and Write English

**Term 4 starts:** Tuesday 3 October.  
Basic English classes, 10-week course.  
Practice reading and writing English  
with the support of our teacher  
and volunteers.

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

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

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

**Eligibility:** Australian permanent resident and citizens.  
**Register your interest** - all classes are limited to 20 students.  
**Certificate of Participation:** with 80% + attendance.

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## Conversational English

**Term 4 Starts:** Wednesday 4 October.  
Basic English classes 10-week course  
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.

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

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

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



## Makeup, Hair and Beauty

**Term 4 Starts:** Tuesday 3 October.

Training will include:

- Introduction to skin care: skin damage protection, factors that 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.

**Days:** Tuesday 12 – 2:30 p.m.  
during school term, SMRC Level 1.

**Contact:** Najma Ahmadi:  
**e:** [najmaa@smrc.org.au](mailto:najmaa@smrc.org.au) or

Farida Mushfiq:  
**e:** [faridam@smrc.org.au](mailto:faridam@smrc.org.au)

**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 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

On successful completion of this class you may apply to be a Casual Bicultural Worker with SMRC.

### Workshop format:

Online via Zoom

9.30 a.m. – 12.30 p.m. x 6 sessions

**When:** Tuesday 24 and  
Wednesday 25 October;

Tuesday 31 October and  
Wednesday 1 November;

Tuesday 7 and  
Wednesday 8 November.

### Certificate of Participation:

with 80% + attendance.

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**Contact:** Najma Ahmadi:

**e:** [najmaa@smrc.org.au](mailto:najmaa@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.

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**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

## English for White Card

**Term 4 starts:** Monday 9 October.

Do you want to work in the construction industry? You must have a White Card. This course is an introduction to the industry and will explain all the requirements and industry terminology needed to help you pass the White Card Course the first time.

Minimum Level 2 English required.

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**Days:** Monday 4 - 6:30 p.m.

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

**ph:** 9767 1900

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









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