



Southern
Migrant & Refugee
Centre

Program Guide

Term 1, 2024 | 29 Jan – 28 Mar



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

@smrcdandenong



Contents

Citizenship Classes	3
Learn & Grow	
Sister's Circle	4
The Learning Space	
Learn to Sew	5
English for Driving	5
Women's Yoga	6
Chay Khana Men's Group	7
Weekly Program Calendar	8
Youth Program	
Homework Club	10
Youth Career Support	10
Youth Advisory Group	11
School Holiday Activities	11
ACFE – Pre-Accredited Weekly Classes	
Read and Write English	12
Conversational English	12
Everyday Digital	13
Employment Xchange	
English for White Card	15

CITIZENSHIP CLASSES



Citizenship Classes

Term 1 starts: Monday 5 February.

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 practising and revisions in the class.

Days: Wednesdays 12.30 - 2.30 p.m. during the school term, SMRC Level 1.
Mondays 11.00 a.m. - 1.00 p.m. during school term, Bunjil Place Library.

Contact: Najma Ahmadi:
e: najmaa@smrc.org.au or
Farida Mushfiq:
e: faridam@smrc.org.au or
Malahat Kamali:
e: malahatk@smrc.org.au
ph: 9767 1900

Cost: Free

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

LEARN AND GROW



Sister's Circle

Term 1 starts: Friday 2 February.

A warm and friendly educational environment where women socialize and learn together. Sisters' Circle is designed to support women who have been in Australia for less than five years. The classes focus on empowering women through improving their digital skills, language skills, financial literacy and knowledge of support services. Clients will have access to laptops to practice what they are taught in the class. This program includes group excursions.

Ten information sessions include but not limited to:

1. Introduction to 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 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

Malahat Kamali:

e: malahatk@smrc.org.au

ph: 9767 1900 **Cost:** Free

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

THE LEARNING SPACE



Learn to Sew

Term 1 starts: Wednesday 31 January.
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. Childcare available. Socialise and share your talents with peers!

Day: Wednesday 12.30 – 3 p.m.
during school term, SMRC Level 1.

Contact: Najma Ahmadi:
e: najmaa@smrc.org.au or

Farida Mushfiq:

e: faridam@smrc.org.au

ph: 9767 1900

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

English for Driving

Term 4 starts: Monday 12 February.
Want to obtain a Drivers License the first time? Suitable for learner drivers who want to improve their confidence and knowledge of road rules and road signs. Basic English required.

Day: Monday 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 booked – when the class is full we will keep a waiting list.

WOMEN'S EXERCISE CLASSES



Women's Yoga

Term 1 starts: Monday 5 February.

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.
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

TERM 1 | SETTLEMENT PROGRAM CALENDAR

MONDAY

English for Driving:
10.00 a.m. – 12.00 p.m.
SMRC Level 1

Women's Yoga:
10.00 – 11.00 a.m.
SMRC Level 1

Citizenship Class:
11.00 a.m. – 1.00 p.m.
Bunjil Place Library



STAR Club:
3.30 – 5.45 p.m.
SMRC Level 1

TUESDAY

Read & Write English:
9.30 – 11.30 a.m.
SMRC Level 1



Everyday Digital:
12.00 – 2.00 p.m.
SMRC Level 1

STAR Club:
3.30 – 5.45 p.m.
Hampton Park Library



WEDNESDAY

Everyday English:
9.30 a.m. – 12.00 p.m.
SMRC Level 1

Citizenship Class:
12.30 – 2.30 p.m.
SMRC Level 1

Learn to Sew:
12.30 – 3.00 p.m.
SMRC Level 1



Youth Advisory Group:
Last Wednesday
of each month

THURSDAY



Youth Career Support:

10.00 a.m. – 6.00 p.m.
by appointment.



STAR Club:

3.30 – 5.45 p.m.
SMRC Level 1

English for White Card:

5.30 p.m. – 7.30 p.m.,
Hampton Park Library.

FRIDAY

Sister's Circle:

9.30 a.m. – 1.00 p.m.
SMRC Level 1



Chay Khana Men's Group:

3.00 – 6.00 p.m.
SMRC Level 1



All classes run during school term, Chay Khana runs all year.

SMRC:

39 Clow Street,
Dandenong VIC 3175

Hampton Park Library:

26 Stuart Ave,
Hampton Park VIC 3976

Bunjil Place Library:

1a/2 Patrick NE Dr,
Narre Warren VIC 3805

YOUTH PROGRAM



STAR Homework Club

Term 1 starts: Monday 29 January.

Homework Club is a free tutoring program which assists students with all their study related needs. This program supports 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 and Thursday
3.30 - 5.45 pm during school term,
SMRC Level 1.

Tuesday 3.30 - 5.45pm during school term,
Hampton Park Library.

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

Youth Career Support

Term 1 starts: Thursday 1 February.

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: Thursday 10 a.m. – 6 p.m. Both online and face-to-face sessions are by appointment.

Contact: Crystal Naismith:

e: 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

SMRC's Youth Advisory Group assists students with their leadership skills, public speaking, self-confidence and boosting their knowledge of different self-development programs. This program is running once a month online and in person. Youth Advisory meetings are held on the last Wednesday of each month.

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

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
ph: 0408 327 192 or
Samira Faryadi ph: 0458 090 958
e: youth@smrc.org.au

Cost: Free

ACFE – PRE-ACCREDITED WEEKLY CLASSES



Read and Write English

Term 1 starts: Tuesday 30 January.
Basic English classes, 10-week course.
Practice reading and writing English
with the support of our teacher
and volunteers.

Days: Tuesday 9.30 – 11.30 a.m.
during school term, SMRC Level 1.

Contact: Najma Ahmadi:
e: 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.

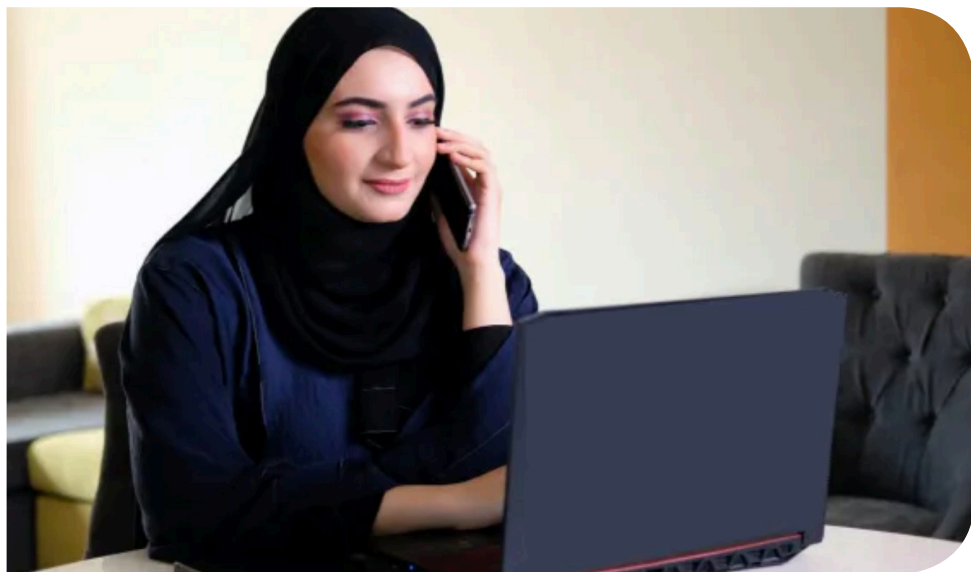
Everyday English

Term 1 starts: Wednesday 31 January.
10-week basic English class focused
on building conversational English
skills. 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: najmaa@smrc.org.au or
ph: 9767 1900

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



Everyday Digital

Term 1 starts: Tuesday 30 January.

Basic digital literacy classes designed to meet clients' everyday technology needs. Classes are delivered by a teacher and extra support provided by volunteers. Participants have access to a laptop during class time to practice what they learn. Examples of topics covered:

- Making an email address, resetting passwords
- Sending/ receiving/ forwarding emails and attachments
- Typing
- Checking messages/emails from your child's school
- Google search

- Basic functions of a laptop.
- Basic functions of a smart phone including downloading Apps, security settings, using calculator, calendar, reminders, GPS and adding contacts
- Making online medical appointments
- Installing updates on devices

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

Contact: Najma Ahmadi:
e: najmaa@smrc.org.au or

Farida Mushfiq:

e: 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.



EMPLOYMENT XCHANGE



Looking for job and career support?

Support for newly arrived clients include:

- helping you find work.
- improving your resume and cover letter.
- guiding you toward recognising your overseas qualifications.
- helping 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

English for White Card

Term 1 starts: Thursday 1 February.

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.

Days: Thursday 5.30 – 7.30 p.m,
Hampton Park Library.

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

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



Southern Migrant & Refugee Centre 39 Clow Street, Dandenong VIC 3175.

P: 9767 1900 E: smrc@smrc.org.au www.smrc.org.au [f](#) [@](#) [in](#) @smrcdandenong