



Southern
Migrant & Refugee
Centre

Program Guide

Term 2, 2024 | 15 April – 28 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.

Southern Migrant & Refugee Centre

39 Clow Street, Dandenong VIC 3175.

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CITIZENSHIP CLASSES



Citizenship Classes

Term 2 starts: Monday 15 April.

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.

Days: Mondays 11.00 a.m. – 1 p.m. during school term, Bunjil Place Library.
Thursdays 12.30 – 2.30 p.m. during the school term, Doveton College.

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

LEARN AND GROW



Sister's Circle

Term 2 starts: Friday 19 April.

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 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

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 2 starts: Wednesday 17 April.

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!

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 2 starts: Monday 15 April.

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.

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

WOMEN'S EXERCISES CLASSES



Women's Yoga

Term 2 starts: Monday 15 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.

Day: Monday 10 – 11 a.m.
SMRC Level 1.

Contact: Rebecca Abernethy:
e: rebeccaa@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 2 | 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 – 6.00 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

Youth Career Support:

11.00 a.m. – 5.00 p.m.
by appointment

STAR Club:

3.30 – 6.00 p.m.
Hampton Park Library



WEDNESDAY

Everyday English:

9.30 a.m. – 12.00 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.

Citizenship Class:

12.30 – 2.30 p.m.
Doveton College



STAR Club:

3.30 – 6.00 p.m.
SMRC Level 1

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

Doveton College:

62 Tristania St,
Doveton VIC 3177



YOUTH PROGRAM



STAR Homework Club

Term 2 starts: Monday 15 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 and Thursday
3.30 – 6 pm during school term, SMRC Level 1. Tuesday 3.30 – 6 pm 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 2 starts: Tuesday 16 April.

Online or face to face one-on-one sessions available by appointment. 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: Tuesday 11 a.m. – 5 p.m.
Thursday 10 a.m. – 6 p.m. Sessions are by appointment and can be held at Hampton Park or Dandenong STAR Club.

Contact: Crystal Naismith:

e: crystaln@smrc.org.au or

ph: 0407 880 209 **Cost:** Free



Youth Advisory Group

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.

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 2 starts: Tuesday 16 April.
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 2 starts: Wednesday 17 April.
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.

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 2 starts: Tuesday 16 April..

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.
- 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

SMRC'S BICULTURAL SERVICE



SMRC's Bicultural Service

Our multilingual bicultural staff are available to support your company to engage and connect with CALD communities.

Trained staff can provide services such as project work; focus groups; community language support for training and information sessions; translation of company instructions and flyers; cultural awareness training.

For information and bookings contact biculturalservice@smrc.org.au



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