



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.

**P**: 9767 1900

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www.smrc.org.au

for asmrcdandenong



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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 Mushfig:

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:** <u>najmaa@smrc.org.au</u> or

Malahat Kamali:

e: malahatk@smrc.org.au

ph: 9767 1900 Cost: Free



### 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:** <u>rebeccaa@smrc.org.au</u> 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 it's 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**

### **TUESDAY**

### **WEDNESDAY**

### **English for Driving:**

10.00 a.m. – 12.00 p.m. SMRC. Level 1

### Read & Write English:

9.30 – 11.30 a.m SMRC Level 1

### **Everyday English:**

### Women's Yoga:

10.00 - 11.00 a.m. SMRC. Level 1



9.30 a.m. – 12.00 p.m. SMRC. Level 1

### Citizenship Class:

11.00 a.m. - 1.00 p.m. Bunjil Place Library



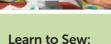
### **Everyday Digital:**

12.00 – 2.00 p.m. SMRC Level 1





11.00 a.m. - 5.00 p.m by appointment



12.30 - 3.00 p.m SMRC Level 1



3.30 - 6.00 p.m. SMRC Level 1



3.30 - 6.00 p.m. Hampton Park Library



### Youth Advisory Group:

Last Wednesday of each month



### **THURSDAY**

### **FRIDAY**



Sister's Circle: 9.30 a.m. – 1.00 p.m. SMRC. Level 1 All classes run during school term, Chay Khana runs all year.

# **Youth Career Support:** 10.00 a.m. – 6.00 p.m.



## by appointment.

### SMRC:

12.30 – 2.30 p.m. Doveton College

Citizenship Class:

39 Clow Street, Dandenong VIC 3175



### **Hampton Park Library:**

**STAR Club:** 3.30 – 6.00 p.m. SMRC Level 1

26 Stuart Ave, Hampton Park VIC 3976

**Bunjil Place Library:** 

## Chay Khana Men's Group:

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

3.00 – 6.00 p.m. SMRC. Level 1

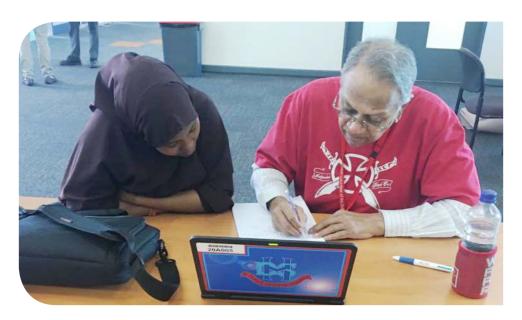
### **Doveton College:**



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: <a href="mailto:crystaln@smrc.org.au">crystaln@smrc.org.au</a> 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.

### **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

**Eligibility:** Australian permanent resident and citizens. **Register your interest -** all classes are limited to 20 students.

Certificate of Participation: with 80% + attendance.





### **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 provided 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

