

Wellsprings for Women gratefully acknowledges the support of:

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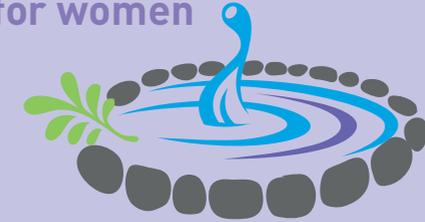
Wellsprings 
for women

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www.wellspringsforwomen.com

Wellsprings 
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Programs & Services



Open Monday to Friday

www.wellspringsforwomen.com

Ph: (03) 9701 3740



Our teaching partners





Vision & Mission

Vision

Welcoming place caring for and empowering women

Mission

To help acceptance, healing and growth by providing programs and pathways for isolated and vulnerable women, locally and from emerging communities

Values

Justice, Compassion, Hope, Hospitality and Courage

Wellsprings for Women draws on the life experiences of those who gather from all parts of the world.

Together, staff, volunteers and participants discover pathways to empowerment and learning opportunities to help them live their lives more fully.

Women only centre

Wellsprings for women's conduct falls within the exceptions contained in sections 28 and 88 of the Victorian Equal Opportunity Act 2010.

How to get to Wellsprings

Please check our website for information on public transport.

Enrolments

To enrol please either attend in person or call 9701 3740 to book an appointment.

A place in a course is not confirmed until the enrolment process is completed and payment made.

Fees/Concessions

You are eligible for a concession if you receive a pension, have a Health Care card or Bridging visa. Proof must be provided when you enrol. Payment can also be made by instalments if you are having difficulty in paying the full fee.

Wellsprings aims to provide the opportunity for all women to participate in our programs. If you are experiencing financial hardship, please apply to the Education Coordinator for an exemption.

Wellsprings reserves the right to cancel classes that do not have a minimum number of participants enrolled prior to class start date. A full refund will be given for payments received.

Information on current fees is available on the back of the timetable and on our website.

Room Hire

Wellsprings for Women has a number of rooms which can be hired by other agencies at affordable prices.

Please check our website www.wellspringsforwomen.com/contact-us/room-hire/ for more details or call the office.

Please note that all our programs attract an annual enrolment fee. Programs that are free of class fees have been marked accordingly on our timetable.



English Classes

English as an Additional Language

Level 1

English class for women who have very little or no English.

Level 2

Basic English classes for women who want to improve their spoken and written skills.

Level 3

This course aims to help learners improve their writing, speaking, listening and reading skills. Learners seeking enrolment need to complete an assessment sheet at the time of registration.

English Conversation

(This course is free)

A volunteer-run English conversation class which helps women who want to improve their spoken English through discussion and activities on a variety of topics.

Everyday English

(This course is free)

This volunteer-run Everyday English class is for women who want to learn to speak, write and practice English for everyday living in Australia.

Learning, Living, Belonging

(This course is free)

This program tackles contemporary issues facing diverse women in Australia. It is an engaging and interactive series of workshops which rely on participants' input and involvement. Guest speakers are invited to some sessions to present on specialised topics.

Some of our English classes are delivered offsite in Dandenong, Casey and Cardinia (please check locations when enrolling).

Productive Learning in Australia

Wellsprings Productive Learning in Australia aims to empower isolated women from diverse backgrounds to pursue pathways into accredited study, work in the retail industry or small business ventures.

In the Wellsprings Productive Learning in Australia you will:



- Design, create and brand a small range of retail products
- Learn practical English and numeracy skills you need to work in a shop
- Practice your skills in a shop or other business
- Learn how to apply for a job
- Explore and plan further study, employment or self-employment

Computer Classes

[Course Entry Guidelines: Learners need to take English Language Assessment before enrolling in this course)

General & Beginners Classes

Using computers for the first time? Join our beginners group to learn how to use Microsoft Word, open a website, find information online and get yourself familiar with computer terminology.

For Work & Study

Join this fast paced course if you wish to prepare yourself for work or studies. This intensive course mainly focuses on documentation and presentation skills through MS Office (Word/Powerpoint/Excel) and also offers guidelines on how to integrate Google tools and social media in your everyday business.

Child Minding

We offer child minding assistance at Wellsprings for participants while attending some of our classes.





Craft

Crafty Connections

A social group for women of all abilities, where they can work on their chosen craft or in group projects.

Craft

A social self-help group of women from various backgrounds, where they can learn new skills or work on the crafts they love.



Art

Art for the Love of it

Discover hidden talents. Learn about the many different mediums and how to paint, mix colours, and other art techniques to create your own individual art work.

Line Dancing

A volunteer-run line dancing class to keep you fit.

Choir

If you enjoy music and are happy to sing along and have some fun then you will fit in with our choir. We sing all types of songs, have a gifted choir leader, a talented pianist and a group of singers. No experience or talent is required to join this group – come and join us for a session of relaxation, laughter, happiness and a feeling of achievement.

Sewing

Basic Sewing

Learn to follow simple patterns, repair clothes and practice new stitches.

Sewing

For those with sewing knowledge, an opportunity to improve your skills and complete unfinished projects.

Beginners Sewing

Structured Sewing Class for women interested in pursuing more formal studies in sewing.



Afghan Women's Friendship Group

A volunteer-run Dari Literacy, activities and friendship group for Afghan Women.

Homework Support

Wellsprings offers students in primary and secondary schools the opportunity to receive support with their homework or improve their study skills and catch up with the rest of the class if they are falling behind.

(Refreshments provided)



Wellsprings Mentor Program

This program aims to connect isolated women residing in the City of Casey, City of Greater Dandenong and Cardinia Shire into the wider community. The program provides access to information, creates pathways to further education and breaks the cycle of social isolation. The WMP is delivered and supported by our diverse and well-trained volunteers, who have excellent experience in working across cultures.



The aim is to develop independent study skills, define vocational learning and training, use online technology, set goals and manage time, and demonstrate the steps involved in performing a task. This is an eight-week program, three hours per week.

Home Visitation

This program involves trained volunteers who visit women in their homes and provide companionship, social support and an empathetic ear. Activities vary based on women's personal needs and wishes. The aim is to assist women to build self-confidence, connections and possibly re-engage in the community through available and suitable programs. Wellsprings welcomes referrals from agencies and self-referrals.

Women's Health & Safety

This program aims to improve women's understanding of their own health and safety issues, the steps to take to prevent harm to themselves and their children, maintain healthy and respectful family relationships, build resilience and positive parenting skills, increase their self-reliance, self-confidence and learn about the services available to them and how to access them.

Playgroups

Programs where mothers and children under the age of 5 join in fun activities. Mothers learn parenting skills ie child's self-esteem, development, discipline and about age appropriate games and toys.



Events

Wellsprings for Women holds a number of events and celebrations every year such as:

International Women's Day, Cultural Diversity Week, Adult Learners' Week, Volunteers' Week, Seniors Festival, White Ribbon Day and more.



Bag-making Workshops

As part of our commitment to the environment, the bag-making workshops provide women with materials, equipment and guided instructions to create their own bags (including Boomerang bags) and use as alternatives to plastic bags.

Call the Centre on 9701 3740 to check the schedule for workshops throughout the year

After-School Art and Craft Program for Primary School Children

This is an opportunity for boys and girls in primary school to engage in activities that nurture their creative and imaginative talents. Children work solo and as part of a team.

Cooking Workshops

This program engages women who are passionate about cooking to participate in cooking workshops involving a number of different cuisines.

The program trains women interested in catering, in food handling, food presentation and marketing. Furthermore, each workshop involves participants who are interested in learning about the dishes being cooked and the culture they represent.

The aim is to generate intercultural connections and understanding within an enjoyable gastronomic experience.



School Holidays' Programs

Wellsprings for Women runs programs during school holidays depending on available funding. Please check what is on offer during school holidays by contacting the centre.

Partnerships

Wellsprings for Women works in partnership with a number of organisations to boost women's exposure and access to different programs.

Partnership programs run at Wellsprings have included: Saver Plus, Good Cycle, Beyond the Violence, Let's Talk, to name a few. Please check with Wellsprings for current programs taking place.

Volunteering

Volunteering is an integral part of Wellsprings for Women.

Volunteers contribute so much to the wellbeing of women who come to Wellsprings, where we offer support, encouragement, learning and friendship.

In return our volunteers receive involvement in a lively community, new experiences, opportunities for personal and professional development, support and the chance to build fruitful relationships.

Check our website for the range of volunteer roles.

Introduction to Community Services

This program provides participants with an overview of study and work in fields of community services including: disability, aged care, child care and community work to name a few. Participants also learn study and research skills and time management to be better prepared for further study and work. The course includes practical orientation to the various relevant careers.

Donate

There are many ways to help create a positive change in someone's life. Why not consider donating to Wellsprings for Women? We are a nonprofit organisation and gifts are tax deductible.

A donation of \$80, for instance, would pay for a lady to enrol in a formal English Class for the year. However donations, large or small are gratefully welcomed.

