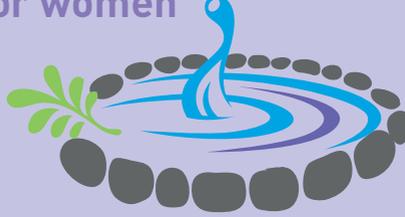


Wellsprings 
for women



Programs & Services 2019



Wellsprings is 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/Concession

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 instalment 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, printed separately 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.



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

The 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

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

Everyday English

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

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

English for Mothers' Engagement with School

This 5 week course teaches mothers the English skills required to effectively engage with their children's school including admin staff, teachers and management. How to read report cards and ask for an interpreter when needed.

English for Driving Test

A 9 week course to support the development of English skills associated with the Victorian Learners Driving Test.



Computer Classes

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 guide lines on how to integrate Google tools and social media in your everyday business.

Child Minding

We offer child minding at Wellsprings for participants while attending most 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.

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.

Structured Sewing Class

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



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.

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 get 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

Wellsprings Mentor 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 WMP is part of our Women's Health & Safety Program.



Home Visitation

This program involves trained volunteers who visit women in their homes to 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 at improving 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.

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 as solo and as part of a team. Program is offered at various schools only.



Womens Cooking Group

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.



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 volunteers role.

Introduction to Working in the Community

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.

Supported Cycling program

Wellsprings for Women in partnership with Good Cycles, offers hands-on training to women on how to maintain a bike and ride safely.

Following the training the women continue to participate in practising their cycling skills on weekly basis by joining Wellsprings Women's Riders Group.



Grandmothers' Support Group

Offering sessions specifically designed for grandmothers' to support them in their role, build their skills, provide them with tips and information on engaging with grandchildren and looking after themselves. Sessions are informative and fun packed.



Ageless Grace

Ageless grace involves seated exercises based on everyday movements that are natural and organic and focus on the healthy longevity of the body and mind.



Learning, Living, Belonging

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.

Making a Difference

This program's objective is for a group of women to work together in identifying a common social issue of concern and develop a response to address it. It equips women with skills of advocacy, negotiation, structural analysis, organising for change and problem solving.

Spokeswomen Club

If you are serious about your public speaking skills. Join this group to keep practising and improving

Veggie Gardening

Join this relaxed group and get your hands dirty tending to our veggie garden and learning about gardening in your backyard or in pots.



Presentations and Public Speaking

Learn the art of public speaking. How to structure a speech, what makes for a compelling and impactful speech.



Discovering New Careers

A 5 week program for women to broaden their options for non-traditional career pathways. Before you take the step into formal study or work, find out job prospects, pay rates and how to find this information for yourself in the future.

Enterprising Creative Women

A program for women to build their enterprising skills and develop a small business idea and plan with skilled guest speakers. It also provides a safe space to explore and workshop issues specific to CALD women. Stay on from 2:30pm – 4:30pm for MAKERS OPEN STUDIO to spend time making your products or learning new art & craft techniques.



Wellsprings Girl Guides

Wellsprings Girl Guides is a fun and educational program for girls aged 5-15 years old. The group meets weekly and engages in lots of diverse activities.



“It is a great program for young girls to learn self-confidence, problem solving and leadership skills while also making friends and having fun”

Wellsprings for Women gratefully acknowledges the support of:

- Numerous Individual Donors
- Adult, Community and Further Education
- Australian Communities Foundation
- Avocare
- Catholic Church Insurance
- City of Casey
- City of Greater Dandenong
- Deakin Business School
- Department of Health & Human Services
- Department of Industry, Innovation and Science
- Department of Social Services
- Greyhound Community Fund
- Jack Brockhoff Foundation
- Presentation Sisters Victoria
- R.E. Ross Trust
- Scanlon Foundation
- Sigma Healthcare
- St. John's Regional College
- The Andrews Foundation
- Victorian Women's Trust
- Victorian Multicultural Commission
- Flora & Frank Leith Foundation
- Mercy Foundation
- Gandel Philanthropy

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 non profit 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 any donations, large or small are gratefully welcome.

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