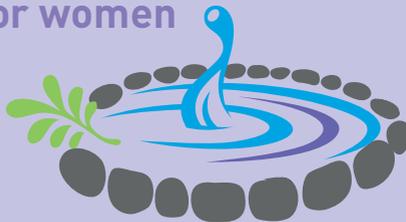


Wellsprings

for women



Programs & Services 2020



Wellsprings is open Monday to Friday
www.wellspringsforwomen.com

Ph: (03) 9701 3740





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 supports women through education and advocacy to exercise their full human rights socially, politically, culturally and economically.

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 class times and current fees is available with the timetable, printed separately and published on our website.

Mental Health First Aid Training

Wellsprings for Women has two qualified instructors in Mental Health First Aid Training. The training teaches practical skills to support someone with mental health issues. Wellsprings runs a number of sessions during the year. To discuss how to access this training, please contact our office on 9701 3740.

Education Programs

English Literacy

English as an Additional Language

EAL Level 1

This course focuses on the development of English language speaking, listening, reading, writing and numeracy skills for everyday life and employment purposes.

The course prepares participants to join further English language study, vocational training with language support and/or access employment.

EAL Level 2

This course focuses on the development of English language speaking, listening, reading, writing and numeracy skills for everyday life, further study and employment purposes.

The course is designed for pre-intermediate participants from a non-English background who are interested in functioning effectively in the society, continuing with further education or looking for employment.

EAL Level 3

This course focuses on the consolidation and further development of English language skills speaking, listening, reading, writing and numeracy for vocational study and/or employment. The course is designed for intermediate participants from a non-English speaking background who are interested in accessing further education or employment in the Australian context.



English Conversation

This course focuses on improving conversation skills for everyday life, for education and employment. Participants will have the opportunity to participate in casual and formal conversations appropriate for different environments.

English for Driving

This course provides the required English skills and knowledge needed for the Victorian Learner Permit test. It aims to assist women from CALD backgrounds to increase their employability chances by building their opportunities of acquiring a Learner Permit in order to progress to a full Driver Licence. The course provides comprehensive knowledge about driving and road rules in the State of Victoria.

English for Citizenship

This course is an English Literacy and Numeracy course that uses terminology associated with language required for the Citizenship test. It is a pathway to other Wellsprings for Women programs like further English, Computers, Conversation and/or accredited study at TAFE or Employment pathways.





Computer Classes

These courses are designed for participants with different levels of computing skills and interests. The programs provide participants with an understanding of the most popular, current technologies used at home, in education and in the workplace. The courses are hands-on and delivered in our modern Computer Lab at Wellsprings for Women. Participants have the opportunity to learn how to access, create, save and manage documents, spreadsheets and emails and use the Internet effectively for personal, education or employment purposes. The structure of the courses provides the participants with the opportunity to progress from beginners to intermediate and advanced levels according to their needs and interests.

Digital Literacy for Seniors

This program is designed to help women 55 years old and over to learn how to use a computer and the Internet in a simple and practical way. Participants will learn how to use online websites to study English, do their shopping, get an email address, communicate online with relatives and friends, online safety and filling in forms. The program is delivered by very committed tutors and the participants are supported by volunteers throughout the course.

Vocational Programs

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.

Creative Enterprising Women

This program is designed to help women to build their enterprising skills and develop their own small business ideas and plans. The course includes presentations from guest speakers, visits to business organisations and opportunities to share experiences and knowledge in real situations. Employability skills such as communication skills, team work, learning strategies, organisational skills, problem solving skills and the use of required equipment are embedded in the course. Participants are guided and supported throughout the course by very experienced tutors and volunteers.



Making a Difference

In this program, a group of women work together to identify a common social issue of concern and develop a response to address it. It helps women develop advocacy and negotiation skills, structural analysis and problem solving strategies. Participants are guided by a tutor and supported by volunteers. The course includes guest speakers and workshops and multiple opportunities to discuss the issues in a safe and friendly environment.

Women's Cultural Cuisines

This is a very hands-on program focused on making dishes from all over the world. Participants learn the health and safety rules of the field while enjoying the art of preparing food from different nationalities in a safe and well-equipped kitchen. Participants are guided through the process of cooking by qualified tutors and volunteers. Employability skills such as communication skills, team work, learning strategies, organisational skills, problem solving skills and the use of the appropriate equipment are embedded in the course. This program opens training pathways and some of the participants in this program are keen to pursue catering opportunities.



Road Safety Rules

This program targets women who have their driving learner's permit and provides them with 5 sessions on road safety followed by 5 subsidised driving lessons. This enhances the women's access to securing employment.

Employment Skills Development

This program is delivered to women serving community orders and referred by Community Corrections – Department of Justice. The purpose of the program is to help participants to build up communication skills, confidence and team work. This course provides pathways to further training, employment and self-employment.

Getting Ready to Work

This employment-focused program consists of 3 short courses: Career Pathways, Resume Writing and Interview Skills which combined provide the participants with the skills to look and apply for employment in their areas of expertise or preference. In the Career Pathways course, participants will develop a realistic and innovative plan to address the skills required to enter or re-enter the work force. In the Resume Writing course, participants will learn how to translate their plans into their individual and current formatted resume related to their job of interest. In the Interview Skills part of the course participants will learn and practise specific and useful job interview techniques. Simulated job interviews and performance feedback will be included in the program. Although participants are encouraged to attend the 3 parts of the course they can attend individual parts according to their needs and interests.

Sewing

These very hands-on courses offer participants the opportunity to develop sewing skills and to learning English at the same time. Classes are delivered in English with bilingual support when required in our fully equipped Sewing Room at Wellsprings for Women. The structure of the courses provides the participants with the opportunity to progress from beginners to intermediate and advanced levels according to their needs and interests. Employability skills such as communication skills, team work, learning strategies, organisational skills, problem solving skills and equipment use are embedded in the course.





Women's Support Programs

Craft

These courses are structured to help women from different backgrounds to express themselves through art. The programs cater for all levels of skills, abilities and interests. Participants can work in groups projects or individually on their chosen crafts. The classes are delivered in a safe and friendly atmosphere where participants can socialise and network.

Crafty Connections

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

Art for Life

This program is full of colour, fun and artistic exploration. Come along, and relax and nurture your inner artist while learning to paint with acrylics and explore ways of being creative. Beginners are welcome. Materials supplied.



WASEMA Friendship Café

Are you looking for an informal program that gives you the opportunity to connect with other women and engage in different and varied activities on weekly basis? Then join WASEMA Friendship Café where each week is a new experience that includes, art and craft, cooking or engaging in conversations and learning new skills.

Cambodian Women's Support Group

Cambodian-specific group of women meet at Wellsprings and are supported by a Facilitator. The women develop an annual program of activities that includes excursions, digital literacy, cooking, beading and more.



Afghan Women's Friendship Group

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



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 leaders, 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.

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 Self Care Program

Formerly known as Mentor Program, this revamped program provides women with space, time and support to connect with other women, build confidence and friendships and engage in a variety of activities designed to enhance the women's health and wellbeing and build their resilience and emotional capacity.



Parenting Support Program

This program is designed for mothers especially with children under 12, to support them in their parenting role by providing a range of information on early childhood development, parenting challenges for migrant and refugee mothers raising children in Australia, navigating the children's support services system, knowing the laws on children's safety, preparing children for school, setting boundaries, self-care, and respectful relationships.



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.

Individual Support

Wellsprings supports women requiring one-to-one support including liaising with other services, applying for housing, accessing material aid or food, passport application, citizenship applications, or seeking individualised English literacy support in addition to classes they attend. The support provided varies depending on the women's needs and circumstances.



Women's Health and Safety

Making Australia Home

This course offers multiple opportunities to share, analyse and discuss relevant aspects associated with settling in Australia. Participants can learn about useful services and how to access them, Australian government, laws and institutions and share their own stories about the challenges of settling in a new country.



Financial Literacy and Wellbeing Program (SARA)

This is a program that works with women to build their confidence, knowledge and skills in managing finances, budgeting, saving, and developing strategies for economic independence. The course is interactive and responsive to women's learning needs.

Gender Equality

Wellsprings has developed an education program on gender equality which is specifically designed for women of migrant and refugee backgrounds and women with low English literacy. The sessions are engaging and interactive and draw on the women's reflections and lived experiences.

Respectful Relationships

Sessions that explore with the women the elements, attitudes and behaviours that characterise healthy family relationships, between partners, between parents and children, and between extended family members. These include where to seek help and support for families facing challenges.

Prevention of Violence Against Women

The PVAW program usually follows the sessions on gender equality and respectful relationships and raises awareness on the types and forms of gendered violence against women including how to support other women in the community who are experiencing domestic and family violence and where to seek help and support.

Reflexology

Wellsprings offers reflexology service which is a form of complementary therapy, through the massage of the feet. It aims to promote wellness in other areas of the body. It is based on the principle that the foot has 'reflex' points that correspond to the various structures and organs throughout the body. Great way to relax and unwind.

Ageless Grace

These courses are based on the idea of staying active to keep participants feeling and looking their best. The programs involve seated exercises based on everyday movements that are natural and unforced and focus on the longevity of the body and mind.



Yoga

This is a gentle Yoga class to help participants increase flexibility, strength, and balance. It also provides a variety of health benefits such as calming anxiety, improving the mood, easing menopausal symptoms and managing stress. Classes are delivered at Wellsprings for Women by a qualified instructor in a friendly and safe atmosphere.

Walking Group

Walking is the most effective, accessible and sustainable form of physical activity that has tangible benefits. Join Wellsprings Walking group and discover the various walking trails and places of interest in Dandenong neighbourhoods.

Supported Cycling

Wellsprings for Women offers women the opportunity to participate in practising their cycling skills on weekly basis by joining Wellsprings Women's Riders Group.





Youth and Children's Programs

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.

After-school Art and Craft

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.

After-school Study Support

Wellsprings offers students in primary 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. This program is offered at selected schools only.



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.

Multicultural Young Women's Access to Sports (MYWATS)

MYWATS is a program for young women of migrant and/or refugee backgrounds aged 15 to 24, to introduce them to a range of sporting and physical activities available to them. The aim is to facilitate pathways for participation, address barriers and dispel myths and misconceptions which hold young women back from fully engaging in sports. The program is a mixture of "Having a Go" activities to fun sessions at local leisure centres to information on sporting gear and equipment.

Volunteering

Students Placements

Wellsprings for women offers a limited number of annual placements for tertiary and secondary school students. The placements vary depending on the students' areas of interest and aspirations. Students interested in applying need to access the application form available on Wellsprings website and email it to the Volunteers' Coordinator.

Employment Placements

Wellsprings hosts Work for the Dole program in partnership with local job actives. These placements are through referrals directly from Job Actives. The roles provided for these placements vary according to Wellsprings needs at the time.

General Volunteering

Wellsprings has a vibrant community of volunteers. The roles for volunteers include administrative support, hospitality duties, education support, child minding, home visitation, research, promotion and marketing, tutoring, one to one support and more. Volunteers apply by completing a form available on Wellsprings website, then are invited for an interview with the Volunteers' Coordinator. All volunteers are inducted and trained according to the roles they will be carrying out. All volunteers are required to have working with children check and a national police clearance.



Wellsprings for Women gratefully acknowledges the following funding bodies:

- Adult, Community and Further Education
- Catholic Church Insurance
- City of Casey
- City of Greater Dandenong
- Department of Health & Human Services
- Department of Industry, Innovation and Science
- Department of Social Services
- Bennelong
- Australian Neighbourhood Houses and Centres Association
- Transport Accident Commission
- Melbourne Catholic Archbishop's Charitable Fund
- Active Neighbourhoods for Older Australians
- Department of Premier & Cabinet
- RACV Community Fund
- Department of Home Affairs
- Department of Transport
- Jack Brockhoff Foundation
- Presentation Sisters Victoria
- R.E. Ross Trust
- The Andrews Foundation
- Victorian Women's Trust
- Victorian Multicultural Commission
- Flora & Frank Leith Foundation
- Gandel Philanthropy
- Newsboys Foundation
- E.C White Trust
- BeConnected

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