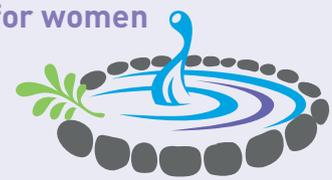


# NEWS

December 2018

Wellsprings  
for women



## End of Year Message from Wellsprings for Women's Chairperson and CEO



Dalal Smiley - CEO, Janet Cribbes - Chairperson

It has been a very exciting and productive year for Wellsprings with a renewed sense of energy and commitment evident in the feedback we heard from volunteers, participants and staff.

The Board began 2018 with a planning day which gave us a focus and reconnected us with our values and mission. Then on the 13th of December we held a series of consultation sessions with volunteers, participants and staff. We heard very positive feedback as well as honest and constructive suggestions and ideas on what we need to improve and what other programs we could further explore.

*"When I joined Wellsprings I get better at English. I have good classes, good friends and good teachers here"*

*"I was introduced to Wellsprings by a friend to attend a beading workshop in the school holidays. It was so warm and welcoming. I started to volunteer and then joined as a participant in computers and Enterprising Creative Women. When I'm here I forget all my problems."*

We also heard that we need to work on how we are perceived by external groups who do not know what Wellsprings is all about. Some believe we only work with

migrant and refugee women, some think our programs cater for adult women only. This was very important feedback for us to hear and to plan pro-active steps in 2019 to broaden our reach to include and attract young women and all women regardless of their backgrounds.

In fact we already have a number of opportunities to build on. In term four this year we started a partnership with Girl Guides which involved young girls aged 7 to 14, three of whom participated in the consultation session and provided their views and insights. >

## Congratulations

The Board, Staff and Volunteers at Wellsprings for Women would like to congratulate two amazing local women leaders who have always supported Wellsprings for Women. Cr Roz Blades, has been elected as Mayor of City of Greater Dandenong for 2018/2019 and our esteemed local Member of Parliament Gabrielle Williams has been appointed as Minister for Women, Minister for Youth and Minister for Prevention of Family Violence.



Cr Roz Blades



Janet Cribbes,  
Gabrielle Williams

We look forward to our continuing collaboration with both the Greater Dandenong Council and State Government in furthering the Women's Equality agenda.

*“Wellsprings is a very open space to be in. When I have spare time I just love to come here and help out. Would like yoga for after school for young girls and to do painting outside”*

Furthermore, we have been lucky to receive a small grant to boost our Homework Support Club for primary and secondary school students which will also attract more young people to our Centre.

We heard accounts from staff on the tremendous work that was achieved in 2018 including the challenges of increased demand on our services to support women experiencing family violence, mental health challenges and social isolation. This edition of our newsletter illustrates one story of one of the women in our home visitation program.

We continue to forge ahead, Board, staff and volunteers supported by Kildare Ministries Trustees, inspired by the legacy of the Presentation Sisters, and united by our common mission of providing to the most vulnerable women in our community. We do this by providing a welcoming,



inclusive, relevant and hospitable range of programs designed to meet women’s needs and build their skills, confidence and self-determination.

We certainly owe everything we have achieved and been able to do to our funding partners in Federal, State and Local governments as well as the numerous philanthropic organisations, donors and our fundraising committee which did a stellar job this year in raising much needed funds.

In closing, we would like to thank all the staff and volunteers for the valuable and truly amazing achievements in 2018 and for their dedication, loyalty and generous spirit.

Thanks to our participants who keep us grounded and inspire us with their resilience and determination to improve their lives and the lives of their families and children despite the difficulties and hardships they encounter on daily basis.

We wish you all a very peaceful, safe and love-filled festive season. May it be a time to enjoy with your family and friends. May 2019 be a year where we move further ahead in helping more women reach their goals and enrich our community with their talents, stories and examples.

**Janet Cribbes, Chairperson  
Dalal Smiley, CEO**

---

## Jo Stanely inaugural Patron



*Wellsprings for Women”* said Janet Cribbes, Wellsprings for Women’s Chairperson.

Jo Stanley is well known within the media industry as a journalist, radio personality, comedian and TV Presenter. Jo was a host of Jo & Lehmo on Gold 104.3 from 2016 to 2017. She previously hosted Weekend Breakfast on the Hit Network and The Matt and Jo Show on Fox FM from 2003 until 2013. She is the creator of the Play Like A Girl kids book series, in which she writes about gender equality, resilience and girls in sport. Jo currently appears on The House of Wellness on Channel 7 and is a member of the Ministerial Council on Women’s Equality.

As Patron of Wellsprings for Women,

Jo is hoping to open new avenues for Wellsprings to explore and new opportunities for building support and accessing networks.

*“I have been fortunate in my life to always have felt safe and supported. Because of this, I am passionate about doing whatever I can for women who’s experiences have meant they have been isolated, disadvantaged and unsafe. This is why I am very pleased to be able to promote Wellsprings work and its wonderful impact on the community. It is a grassroots organisation with limited resources but unlimited capacity for welcoming the most disadvantaged women in the South East of Melbourne. I’m thrilled to be a part of their important vision for 2019.”* Commented Jo Stanley

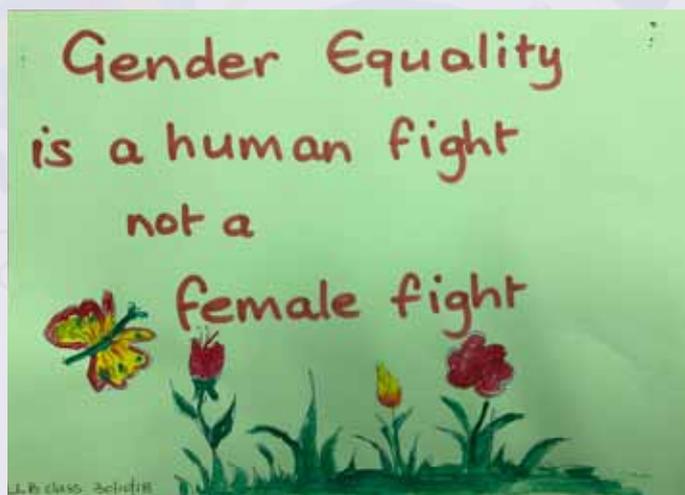
Wellsprings for Women is proud to announce the appointment of Jo Stanley, as its inaugural Patron.

*“We are absolutely thrilled and excited to partner with Jo as our first Patron. Jo’s background, experience, skills and connections would be extremely valuable to*

# Women's Health and Safety program

## Community Education Session:

Women's Health and Safety program is contributing tremendously to the prevention of family violence and violence against women and their children in the community. The program is working closely with women from across different culturally and linguistically diverse backgrounds to raise their awareness on gender equality and equity, respectful relationship and how to prevent violence against women and their children.



As part of this program a community awareness raising session was delivered to women from Pakistani background in Pakenham. The session was received very well by the participants and twenty women participated in the session. The session was run in English with simultaneous interpretation of the content in Urdu by facilitators. Topics delivered in the session were including gender equity and prevention of family violence.

While most of the participants really appreciated that the session's content was culturally appropriate and informative, there were some suggestions by the participants that there is a need for more awareness raising sessions particularly on gender equality and equity to transform some of the attitudes and practices in the community that lead towards gender inequality and family violence.

*"Thank you so much for organising and delivering a very informative workshop today. We appreciate you and your team's efforts. There is a need for more similar education sessions to raise awareness on gender equity and how it contributes to ending family violence"*

## Men's Consultation Group:

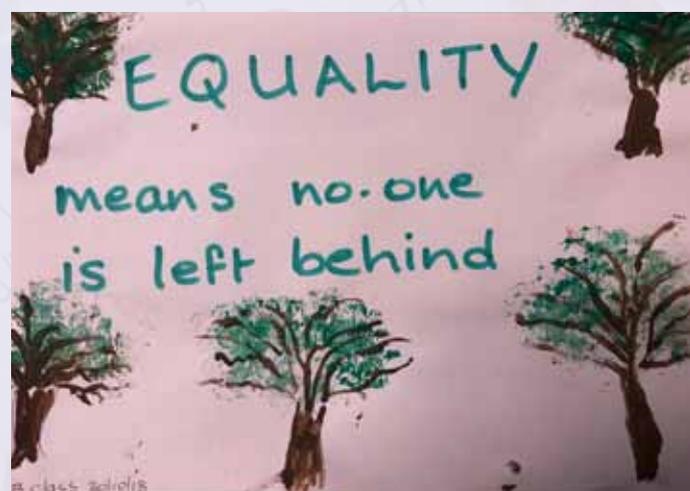
As a result of consultation and feedbacks provided by the women who participated in the community awareness raising sessions on engaging with men in prevention of violence against women programs, women's health and safety program reached out to men from culturally and linguistically diverse (CALD) communities to engage them in the prevention of violence against women program. Men from CALD communities were invited to provide their perspectives on how to engage more men in the prevention of violence against women programs. Also to explore different approaches to work effectively with men to bring them on board as allies and supporters of these programs.

A men's consultation group meeting was held with men from Afghan, Pakistani and Indian communities. It provided a safe space for them to share their experiences and perspectives on engaging in prevention of family violence programs.

Moreover, the participants discussed their experiences of migrating and settling in a new country, changes in the gender roles, challenges and opportunities for men in the space of prevention of family violence and violence against women. Participants emphasised on the need for initiating more discussions with men in the community on prevention of violence against women.

Most of the participants were supportive of the initiatives to include men in the programs that are related to prevention of family violence and violence against women.

*"I highly appreciate Wellsprings for women's initiative to include men's perspectives to prevention of family violence programs. It was a very positive experience to be part of the men's consultation group and to be able to share my views and experiences."*



# Enterprising Creative Women Education Program



In the second half of this year, we have been thrilled to launch our Enterprising Creative Women (ECW) program with financial backing from the ACFE Capacity and Innovation Fund grant. The project aims at harnessing the existing skills of CALD women to start their own micro-enterprise.

While the project started by building connections in the area of small business development and writing course content. We also began a consultation phase in term 3 with 11 women. In response to the women's identified needs, the program started with a strong focus on boosting self-confidence and building skills such as communication, smart goal setting and provided room for sharing cultures and stories. We have also undertaken a skills audit to determine where their strengths lie in the areas of personal, interpersonal and practical skills.

*"In our culture, the older generations shut you down if you are not doing things their way. They have a framework that they don't want us to move on from. I never would have dreamed I could start a business. I've started loving myself! The negative voices are strong, but I feel like I can do it and break through."*

**- Chithrika**

The program has been dynamic and flexible to the women's needs and they have been helping to drive content and to decide on guest speakers to meet their specific needs. In term 4, we have engaged a number of professionals to support the women including Small Business Mentors who tailored a 3 week program on business types, business structure, obligations and financial management. We also had two custom sessions by Tun Teja Academy Coaching and Training



service where Dr Raja Yasmin worked with the women on business mindset, self-love, facing your fears and the formula to success.

*"Staying home is hard. Here I can just be. Now I can think about my options."* – **Christine**

With a Memorandum of Understanding in place with Good Shepherd Microfinance, we have been able to work with their new program Launch-Me which can work alongside our program and offers our women many extra supports and resources including a one to one business coach and up to \$1,000 in resources needed to launch their business.

While some women are still exploring their business ideas, two women have signed up for the Launch Me program and have begun to earn money. A great result after only one term of the program! We can't wait to see what these women accomplish in the new year. Check out our school holiday program to experience their skills first hand with fun bag-making and beading workshops and relaxing reflexology sessions!

*"It has been very rewarding. I feel like a new person"*  
**- Chandi**

# Fundraising

## Annual Dinner

Our 2018 Annual Dinner was held at St Mary's Community Centre in Dandenong with catering by Monty's. Local MP Gabrielle Williams and Cr Roz Blades from the City of Greater Dandenong both highlighted the valuable contribution Wellsprings makes to our community, providing a welcoming and safe place with educational programs and other activities that support and enable women to live their lives unimpeded by social, economic, cultural or language barriers.

Wellsprings Choir, led by Libby, presented a fine rendition of several songs which as always, included "I Have a Dream". The "Modogs" Band led by Ray Toshi (former member of "Hunters and Collectors") were part of the entertainment this year and the dance floor was filled with both young and old, all definitely enjoying the songs of the 70's, 80's and 90's. The participants displayed their artistic and creative craftwork and diners had the opportunity to buy



from this table. Lucky Dips and other items including candles, blankets and goods generously made or donated by our volunteers and supporters were available to buy.

The Raffle Prizes and other items were donated by the Volunteers and Friends of Wellspring and the plants on the tables were again generously donated by Oasis Horticulture. Thanks to Ashburton IGA, Dan Murphys, Lunar drive-in, Puffing Billy, Kenshi Candles, Josie Hewitt, Eva, Chandi and Darryl our efficient Barman.

Jumabi Mohamad Ali, a Wellsprings Alumni and Ambassador accompanied by Holly, shared a very moving account of her journey

to a new life in Australia. Jumabi, a Rohingya, was born in Myanmar, fleeing persecution she lived her childhood in Malaysia and after a tumultuous sea voyage finally arriving as a refugee in Melbourne in 2013. She attended several different classes at Wellsprings and learnt embroidery with Holly. Feeling confident in her "new home" she began volunteering at her children's school and is now employed as a full time Multicultural Educator at Springvale Rise Primary School. The proceeds from this fundraiser will go towards the building of our new "Activity Room" which we hope will be completed by end of March 2019.

## High Tea

*"Afternoon tea was created to foster friendship. May all of your afternoon's always be filled with good tea and good friends."* - **Ellen Easton**

The room was buzzing with conversation, as old friends were reacquainted and people chatted about their personal connection with Wellsprings whilst



celebrating Wellsprings 24th Birthday at our annual "High Tea". Dalal spoke about the Presentation Sisters and their involvement over the past 24 years, inviting the sisters present at the event - Mary Power, Merle Parker and Mary Keogh to blow out the birthday candles.

Special thanks to Regina for baking the decorated cupcakes, June and Jo who made the tasty ribbon sandwiches, Jan for her sausage rolls and tarts, Mandy for her salmon pancakes, Helen for her slices, Jacqui for her profiteroles and Ann's dainty scones. The other savoury delights and tasty sweets were all handmade by the committee.

Again we were lucky to have the beautiful China from Mandy and the Bayside CWA, with the delightful tea cosies, which all added to the ambience of the room.

The funds raised are a result of the Raffle and donations of plants, drinks, food, and door prizes.

## Grandmothers Group

This term saw the beginning of a new group especially to support Grandmothers. The group meets every Monday afternoon to support each other, discuss the joys and challenges of being a grandparent, learn ways to manage challenges and enjoy each other's company.

The group will explore and discuss a range of issues including taking care of personal physical and mental wellbeing as a grandparent, setting boundaries on demands on time, activities for themselves and their grandchildren, negotiating rules and expectations with parents.

The grandmothers have so far participated in a consultation about needs of older women for the Lord Mayor's Charitable Trust, learnt about health and nutrition as we age, talked about how to keep our homes and selves cool in summer and walked and talked, and laughed

and shared. We are aiming to walk regularly and everyone has registered with a trial for a walking reminder SMS program.

We finished the term with a picnic by the lake in the beautiful Berwick

Botanical gardens sharing dishes reflecting the range of cultural backgrounds. We're looking forward to this program growing over the coming year.



---

## Supported Cycling program



Wellsprings is very excited to be offering a second round of the very popular Good Cycles bike maintenance and riding program. This program not only teaches women how to ride but also how to completely pull a bicycle apart and put it back together again.

Women who participated in the program previously felt incredibly

empowered by doing something so practical. "This is the first time I have ever done mechanical work by myself." said one participant proudly after she replaced a tube in the first class – and their capabilities and pride grew as the program progressed.

Since completing the course, one participant, Elham, has gone on to

train as a bike riding group leader. Elham and fellow leader Masouda now meet a group of women at Wellsprings each Saturday morning and ride along local bike tracks. Beginners are welcome and receive individual coaching to build their skills and confidence. Back2bikes have generously donated 4 refurbished bicycles to Wellsprings for use by women on the Saturday rides.

At the end of the Good Cycles program in January 2019, all participants will receive a free refurbished bike, a helmet, a bike lock and lights - so they'll be all prepared to ride by themselves or join Wellsprings Saturday morning bike riding group.

We are grateful to the City of Greater Dandenong for funding this program.

## Gina's Story

### Wellsprings for Women Home Visitation Client

Gina (Not her real name) is a 60yr old lady from the Philippines. As a child she was physically abused by her mum and sexually abused by her mum's friend whenever he visited them. She grew up feeling unloved and not cared for. She met her first husband in 1980 and got married. She had two sons with him and they were very happy together. In 1993, Gina's husband lost his job and got quite depressed. He told Gina that he is going back to his home town and he will try to find work. He left and never returned and Gina lost touch with him. Later, Gina found a small job and took care of her kids.

In 2004 Gina met her current Australian-born husband in the Philippines who promised her a good life. She saw hope and moved in with him. He asked her to leave her job and take care of him in return. Soon after getting married Gina was verbally abused by him every now and then, but she tolerated everything as she had no one else to take care of her. Both of her sons told her that they earn enough to take care of their family and could not take care of her. Gina lived with her husband in the Philippines from 2012, until 2017. They came to Australia in May 2017 and Gina applied for a spousal visa. They live with Gina's niece and family. Gina's husband began verbally abusing her every day and ill-treating her. She was being isolated as her husband didn't allow

her to make friends. He controlled all their finances and does not let her eat from the groceries bought. Gina is basically treated like a slave. She feels helpless. She was physically abused in June 10, 2018. She reported the incident to the police. An intervention order was granted. Gina has no option but to live with her husband despite the order as she had no support and is not eligible for Centrelink benefits. She was referred to WAYSS and WAYSS referred her to our Home Visitation Program for social support.

Since becoming a client at Wellsprings Gina enrolled in to two different programs; Gardening and sewing plus she has support from an experienced home visitation volunteer. Our volunteer helped her to link with different organisations to receive food hampers since her husband would not allow her to access any food at home.

Having had a really traumatic childhood plus her current situation with her husband has led Gina to feel suicidal a number of times, but her connection with Wellsprings has given her hope and a clear way ahead.

Wellsprings for Women has been working very closely with Gina and trying to support her in every way possible. Gina feels really supported when she is visited by her Home Visitation Volunteer and project worker. She often visits the centre to participate in some programs and her general mental health is improving.

## Wellsprings for Women Girl Guides Program

We have partnered with Girl Guides since middle of 2018 to run a program for girls aged between 5 and 15.

Indri Jarvis, was trained as volunteer Girl Guides leader. Since its inception, the program has been quite popular and is run every Thursday from 5pm to 7pm.

On Thursday 20 December the girls took part in a Making the Promise Ceremony where they committed to live by the Girls Guide promise

Which is: *I promise that I will do my best, to be true to myself and develop my beliefs, to serve my country and my community, to help other people and to keep the Guide Law.*



## South Sudan Voice - Dialogue Theatre Performance

Wellsprings for Women was honoured to host a 'Dialogue Theatre' performance titled 'South Sudan Voice' on November 28. The performance attracted an audience of participants from South Sudan and other migrant backgrounds, staff, student placements and volunteers and provided an opportunity to discuss issues faced by migrant groups as they adjust to living in a new country and culture.

The project was a South Sudanese community initiative in response to the public scrutiny on young South Sudanese Australians and the resulting challenges and discriminations the community has been facing. It was put together through a partnership between the community and Australian theatre company Free Theatre (who have previously worked with a Wellsprings class using drama as a tool in confidence building). After receiving funding from the City of Greater Dandenong, the group approached Wellsprings and asked to do a performance for our community with the audience dialogue focusing on issues faced by women.

The dialogue theatre method used in the performance consists of a two-part process:

- a 20-minute drama, followed by
- a 90-minute dialogue

The drama portrayed tensions arising between generations as youth adapted to new ways and more senior members of the community held more tightly on to traditional customs, and all struggled with barriers, judgements and assumptions made by the wider

community. The dialogue was a moderated workshop involving actors and audience. The audience was invited to comment on the situation and provide their thoughts or questions on the situation portrayed to them in the drama. The characters of the play then provided their responses to these comments, resulting in a rich discussion that was challenging, complex, personal and solution-oriented.

The process drew out experiences of those who had faced migration at different stages in their lives, both recently and, in some cases, decades ago. As someone who has not faced the challenges of re-locating to a new country, I certainly came away with a wider and deeper perspective of challenges and barriers and was deeply moved by the desperation women, men, young and old feel at different times. A reporter from ABC Radio's AM program attended the performance, interviewing performers and contributing to the discussion, particularly around the role of the media in this issue.

Long-time Wellsprings participant and local South Sudanese elder Hakima Mandaet worked throughout the day to prepare a traditional South Sudanese meal for the audience and performers, getting the evening off to a welcoming and hearty start and allowing it to conclude with on-going discussion over a delicious dessert. Wellsprings greatly thanks Hakima for her food and Free Theatre and the South Sudanese performers for bringing this experience to Wellsprings.



## Wellsprings for Women entrusted to Kildare Ministries



On Friday the 17th of August 2018, more than 48 people gathered in the afternoon at Wellsprings for Women to witness the official transition of Wellsprings from the Presentation Sisters to Kildare Ministries.

The event was attended by Kildare Ministries' Trustees, Presentation Sisters, Board members of Wellsprings, Kildare ministries' schools representatives, volunteers, staff, friends and supporters.

It was a momentous occasion that carried mixed feelings of optimism and anticipation of ushering a new era, tinged though with sadness that came with the reckoning that Wellsprings for Women's previous relationship with the Presentation sisters will now change for ever. However, The Presentation mission, tradition and legacy will continue to inspire Wellsprings and its work for years to come.

The attendees enjoyed the afternoon tea which was prepared by Wellsprings volunteers. The four chairpersons of Wellsprings were present at the event and everyone was reminiscing over the past while also speculating about the future. Overall, optimism and excitement prevailed that Wellsprings' mission is still relevant today as it was in 1994 and that we have a lot to and achieve as yet to make our world kinder, fairer, more compassionate and more appreciative of women's value, contribution and right to equality and safety.



## Child minding

One of the factors that distinguishes Wellsprings from other services, is that we allow our participants to bring their preschool children, to leave in the care of dedicated volunteers whilst they attend their class.

At the main centre in Dandenong, Wellsprings now has a dedicated play room, with toys, books, crayons and, most importantly, volunteers who are capable and caring.

Each morning, mothers or grandmothers arrive at Wellsprings, many pushing a pram, others with a toddler or preschooler eagerly coming up the driveway. Regular children are settled quickly, finding something fun to do or a friend to play with as their mothers go off to their class. Sometimes there's tears and uncertainty for a new child but our volunteers have learnt tactics to help them settle, generally encouraging the mother to stay with them for a while until they feel comfortable.

It can be quite a challenge managing children whose ages range from a few months to nearly 5, from a range of cultures and speaking a range of languages. When

children numbers are high, we're able to call in students on placement to give a helping hand.

Our volunteers come from a range of backgrounds. Philippa and Medgee have been looking after children at Wellsprings for over 6 years, for most of that time keeping children occupied at the back of the classroom. Some volunteers have studied childcare and value the opportunity to gain experience with us whilst others have years of experience as mothers and grandmothers. Some have similar cultural background and speak the same language as many of the children, making communicating both with mother and child easier. Some are recently retired and enjoying the opportunity to give to the community and contribute to Wellsprings mission. All are much loved by the children.

In our new classes within the City of Casey, teachers often leave the centre in Dandenong with a box or two of toys in their car. In many of these cases, classes are run with volunteers keeping the children occupied in the same room. We are thankful for the several regular Wellsprings volunteers who have travelled to these Centre's to help get these classes off and running. We are now beginning to have volunteers from these areas take on these roles.

The real proof of the success of the service is that mothers keep bringing their children. Mothers wouldn't be doing that if they weren't happy their children were well cared for or if the children were unhappy.

Without this child minding service, and particularly without our skilled and dedicated volunteers, many women would simply not be able to come to Wellsprings to learn. This service enables women to connect with others, learn the skills they need and move forward with their lives.



---

## Graduate Public Speakers



In terms 3 and 4, we ran an inaugural course in community engagement which taught women skills in presentation and public speaking. Some of the graduates from the first course became Wellsprings Ambassadors. The participants in this course enjoyed the challenge of researching and preparing presentation and speeches, taking on board and practising every week by integrating new tips for an impacting speech. They learnt to calibrate their content, incorporate quotes, facts, story telling and evidence-based arguments to win their audience and stir them to action.

As a result of the two courses, some of the women are interested in continuing to have opportunities for practising their skills and therefore in 2019, we have incorporated into our program once a month, a Spokeswomen Club.

## Honouring our Volunteers Bollywood Style

On December 5, from 12pm to 3pm Wellsprings for Women hosted an end of year celebration to commemorate International Volunteer Day.

Wellsprings for Women involved more than 90 volunteers this year and we simply would not exist without them.

The Women's Cooking Group consists of over 12 volunteers who have been participating in a series of cooking workshops learning different cultural cuisines.

This event had an Indian theme, which included Indian food, Bollywood dancing, and presentation of information on Indian culture as well as exhibiting Indian clothes, and artefacts.

Apart from the cooking program, Wellsprings for Women relies on volunteers to do child minding, administration, house-keeping, fundraising, gardening, assisting one to one in the classroom, visiting isolated women in their homes, assisting women in accessing other services, providing homework support, tutoring in English and sewing, and fundraising.

We estimate that our volunteers provide a total of 22,800 hours of volunteering per year at the value of \$570,000 per year.

We can never repay our volunteers for the amazing work they do for us. We invest in training and upskilling our volunteers and in celebrating their contributions to the impact they make in other women's lives and in keeping Wellsprings going.



## Mental Health First Aid

Holly Gordon is Wellsprings Education Coordinator and has delivered training to 25 women who became accredited Mental Health First Aiders. These women are now supporting our participants, each other, their families and the wider community.

*"Each year 1 in 5 Australians will experience a mental illness. Many people are not knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however most do not cover mental health problems. Mental Health First Aid (MHFA) teaches people the skills to help someone who they're concerned about."* - **Mental Health First Aid Australia.**



## Kildare Ministries Awards

This year we were pleased to have the opportunity to present the inaugural Kildare Ministries Awards which went to three volunteers:

- June O'Doherty
- Eva Silverstein
- Philipa Wilson

### The Participant's Award went to

- Chandi Basnayake

### The Staff Award was presented to

- Jasmine Robbins

Congratulations to all the recipients for a well-deserved award in recognition of their achievements in 2018.



## Save The Dates

- Celebration of IWD and Cultural Diversity Week on 19 March 2019 – from 12.30pm at Wellsprings
- Mini Fundraising Dinner at Rahimi Restaurant Dandenong – 24 April – 6.30pm onwards
- Refugee Week dinner at St John's Regional College restaurant - 19 June 7pm onwards
- High Tea – 20 July 2pm – at Wellsprings for Women
- Annual Fundraising Dinner – 25 October – 7pm onwards venue to be confirmed

## Holiday Program 2019:

**Wellsprings is hosting a number of activities between 7 & 31 January 2019.**

**Activities include:** Ageless Grace exercises, Reflexology sessions, Beading Workshops, Supported Cycling program, Bag Making workshops, Parenting Program, Make-Up workshops, Saver-Plus program, and Mental Health First Aid training.

**For more information and to register for any of the programs, check details on our website: [wellspringsforwomen.com](http://wellspringsforwomen.com) or email: [dalal@wellspringsforwomen.com](mailto:dalal@wellspringsforwomen.com)**

*End of year wishes*

**The Board, Staff and Volunteers at Wellsprings for Women wish you all a safe, joyous and peaceful festive season and hope that 2019 will be a year where social justice, equality, kindness and empathy will be the main guiding principles for our country's leaders and decision-makers.**

**See you all again in 2019 and thank you for your support and friendship!**

**In 2019, Wellsprings for Women will be celebrating our Silver Jubilee and we intend to have an additional event to commemorate this significant milestone. Details of when and where will be announced in the new year.**

79 Langhorne Street Dandenong Victoria 3175

Ph: (03) 9701 3740

Email: [administration@wellspringsforwomen.com](mailto:administration@wellspringsforwomen.com)

Like us on facebook ABN: 18 282 739 596

[www.wellspringsforwomen.com](http://www.wellspringsforwomen.com)