## Individual and Family Support Services

**Term 1, 2019**

**Term 1**  
11th February - 5th April 2019

<table>
<thead>
<tr>
<th>DAY</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>VENUE</th>
<th>CRECHE (bookings essential)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Popcorn Group</td>
<td>10am to 11.30am</td>
<td>Communicare</td>
<td>Yes</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Family Rhyme Time</td>
<td>9am to 10am</td>
<td>Communicare</td>
<td>No</td>
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<tr>
<td></td>
<td>Learning Together</td>
<td>12pm to 2pm</td>
<td>Communicare</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Conversational English Group</td>
<td>9.30am to 11.30am</td>
<td>Communicare</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Getting Ready for Work</td>
<td>12pm to 2pm</td>
<td>Communicare</td>
<td>Yes</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Conversational English Group</td>
<td>9.30am to 11.30am</td>
<td>Communicare</td>
<td>Yes</td>
</tr>
<tr>
<td>Thursday</td>
<td>Happy Feet Walking Group</td>
<td>9am to 10am</td>
<td>Communicare</td>
<td>No</td>
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<tr>
<td></td>
<td>Multicultural Playgroup</td>
<td>9.30am to 11.30am</td>
<td>Communicare</td>
<td>No</td>
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<tr>
<td>Friday</td>
<td>Multicultural Playgroup</td>
<td>9.30am to 11.30am</td>
<td>Communicare</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Pins and Needles</td>
<td>10:00am to 12:00pm</td>
<td>Communicare</td>
<td>No</td>
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</table>
Popcorn Group (Monday) *NEW*

A fun and exciting new group that has different activities happening every week, presented by members of the community. Come along and learn how to make traditional food, learn Bollywood dancing or how to live a healthy lifestyle. Limited crèche positions available.

Venue: Communicare
28 Cecil Ave,
Cannington 6107

Time: 9.30am – 11.30am

Bookings: 9251 5777
ifss@Communicare.org.au

Family Rhyme Time (Tuesday) *NEW*

Join us for rhymes, songs, stories and fun times with your children. The group promotes positive communication and interactions between parents and children.

Venue: Communicare
28 Cecil Ave,
Cannington 6107

Time: 9.00am to 10.00am

Bookings: 9251 5777
ifss@Communicare.org.au

Learning Together (Tuesday)

Come along and meet other people in the community. The group has fun science experiments for children followed by a friendly chat with other families.

Venue: Communicare
28 Cecil Ave,
Cannington 6107

Time: 12.00pm to 2.00pm

Bookings: 9251 5777
ifss@Communicare.org.au

Conversational English Class (Tuesday)

This group is designed for newly arrived community members wishing to improve their English speaking skills in a practical, “everyday” setting. Crèche Available (limited positions available).

Venue: Communicare
28 Cecil Ave,
Cannington 6107

Time: 9.30am to 11.30am

Bookings: 9251 5777
ifss@Communicare.org.au

Getting Ready for Work (Tuesday)

The group is designed to develop skills for participants to be more prepared for the workforce. Topics include resume writing, covering letter and interview skills.

Venue: Communicare
28 Cecil Ave,
Cannington 6107

Time: 12pm to 2pm

Bookings: 9251 5777
ifss@Communicare.org.au
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ifss@Communicare.org.au

**Happy Feet Walking Group (Thursday) - *NEW***

Walking is a wonderful way to keep fit. It is easy and great for people of all ages, both physically and mentally. The group is a great way to socialise while looking after your health. Different destinations every week.

**Venue:** Communicare  
28 Cecil Ave,  
Cannington 6107  
**Time:** 9.00am to 10.00am  
**Bookings:** 9251 5777  
ifss@Communicare.org.au

**Multicultural Playgroup (Thursday)**

For parents & children aged 0-6 years.

Our supported multicultural playgroups provide opportunities for parents and their children to enhance their relationships, increase their skills and confidence to develop valuable social and family support networks.

Facilitated by one of our experienced Playgroup Leaders during school terms; our groups can also assist parents with parenting information and referrals to other family services.

**Facilitator:** Dee Parry  
Communicare  
**Days:** Thursdays (school terms only)  
**Venue:** Communicare  
28 Cecil Ave,  
Cannington 6107  
**Time:** 9.30am – 11.30am  
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ifss@Communicare.org.au
Pins and Needles (Friday) *NEW*
For all community members

The group covers a range of sewing techniques and encourages all members to join, learn and share their skills and cultural knowledge. Also, a fantastic opportunity to create lasting friendships!!

Venue: Communicare
28 Cecil Ave,
Cannington 6107

Time: 10am to 12pm

Bookings: 9251 5777
ifss@Communicare.org.au