

# Individual and Family Support Services

## Term 2, 2019

### Monday 6<sup>th</sup> May to Friday 5<sup>th</sup> July

DAY	ACTIVITY	TIME	VENUE	CRECHE (bookings essential)
<b>Monday</b>	Family Rhyme Time	9.15am to 10.15am	Communicare	No
	Popcorn Group	9.30 am to 11.30am	Communicare	Yes
<b>Tuesday</b>	Conversational English Group	9.30am to 11.30am	Communicare	Yes
	Getting Ready for Work	12pm to 2pm	Communicare	Yes
	Multicultural Playgroup	12.30pm to 2.30pm	Communicare	No
<b>Wednesday</b>	Conversational English Group	9.30am to 11.30am	Communicare	Yes
<b>Thursday</b>	Happy Feet Walking Group	9.30am to 10.30am	Communicare	No
	Multicultural Playgroup	9.30am to 11.30am	Communicare	No
<b>Friday</b>	Multicultural Playgroup	9.30am to 11.30am	Communicare	No
	Pins and needles	10.00am to 12.00pm	Communicare	Yes

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## Popcorn Group (Monday)

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 (Monday)

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:** 9.15am to 10.15am

**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.

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28 Cecil Ave,  
Cannington 6107

**Time:** 12pm to 2pm

**Bookings:** 9251 5777  
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## Happy Feet Walking Group (Thursday)

Walking is 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:** 9.30am to 10.30am

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

## Multicultural Playgroup – Tuesday (afternoon)

**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:** Tuesday (school terms only)

**Venue:** Communicare  
28 Cecil Ave,  
Cannington 6107

**Time:** 12.30pm to 2.30pm

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

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## Multicultural Playgroup – Thursday/Friday (morning)

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.

<b>Facilitator:</b>	Dee Parry Communicare	<b>Days:</b>	Thursday/Friday (school terms only)	<b>Bookings:</b>	9251 5777
<b>Venue:</b>	Communicare 28 Cecil Ave, Cannington	<b>Time:</b>	9.30am – 11.30am		ifss@Communicare.org.au

## Pins and Needles (Friday)

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!!

<b>Venue:</b>	Communicare 28 Cecil Ave, Cannington 6107	<b>Time:</b>	10am to 12pm	<b>Bookings:</b>	9251 5777 ifss@Communicare.org.au
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