

## MIGRANT INFORMATION & SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
<p><b>The CALD (Culturally and Linguistically Diverse) Women's Four Seasonal Series</b></p> <p>The Autumn Series : The Australian Stories of CALD Rural Women.</p> <p>The Winter Series: Young refugee women</p>	<p>March Venue, date and time TBA</p> <p>June Venue, date and time TBA</p>	<p>Charges apply for Membership and attendance to series</p> <p>Multicultural Women's Advocacy (MWA) Ph:6230 4632</p>
<p><b>Carers ACT CALD Program</b></p> <p>CALD Carers are people from culturally and linguistically diverse backgrounds who look after a family member or friend with a chronic illness, disability, mental health issue or frail age. CALD carers share many of the same experiences as other carers. However, cultural issues may have an additional influence on this already demanding role. Carers ACT provides training and support to assist their roles.</p>	<p>Venue, date and time TBA</p> <p>Held monthly at various venues throughout Canberra</p>	<p>Free</p> <p>Carers ACT Anndey Ph:1800 052 222 Or 6296 9900</p>
<p><b>Multicultural Aged Care Seminar Series</b></p> <p>A series of seminars related to CALD seniors with topics such as: Dementia and Alzheimer's, Financial Management and Funerals</p> <p>If you are from a CALD community and would like a similar presentation for your community, with an interpreter please contact us.</p>	<p>Venue dates and times TBA</p> <p>Bookings essential</p>	<p>Free</p> <p>ACT Health</p> <p>Ph: 6205 4794</p> <p><a href="mailto:ACTHealthCPP@act.gov.au">ACTHealthCPP@act.gov.au</a></p>
<p><b>Gungahlin English Conversation Classes</b></p> <p>Learn to speak and practice English in a friendly environment.</p>	<p>Gungahlin Community Resource Centre (next to the Library) 47 Ernest Cavanagh St</p> <p>Mondays 10am – 12 noon Fridays 1 – 2.30pm</p>	<p>Free</p> <p>Gungahlin Regional Community Service Ph: 6123 4422</p>
<p><b>English for Employment, Study and Life Certificates 1 - 4.</b></p> <p>English for Migrants. Four mornings per week. Available full time or part time. Ring or email for information and requirements for enrolment</p>	<p>CIT Campus, Reid</p> <p>Gungahlin Learning Centre (intermediate level)</p> <p>Dates and times TBA</p>	<p>General CIT fees apply</p> <p>Concessions available CIT Vocational College Ph: 6207 4800 <a href="mailto:cit.vocational.college@cit.act.edu.au">cit.vocational.college@cit.act.edu.au</a></p>

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<b>Certificate IV in Spoken and Written English</b> English for migrants. Preparation for job-seeking or further education. Available full time or part time. Ring or email for information and requirements for enrolment.	CIT Campus, Reid  Dates and times TBA	General CIT fees apply  Concessions available CIT Vocational College Ph: 6207 4800 <a href="mailto:cit.vocational.college@cit.act.edu.au">cit.vocational.college@cit.act.edu.au</a>
<b>Evening English Classes</b> English for Migrants. Levels 1 - 4 available. Ring or email for information and requirements for enrolment	CIT Campus, Reid  Dates and times TBA	General CIT fees apply Concessions available  CIT Vocational College Ph: 6207 4800 <a href="mailto:cit.vocational.college@cit.act.edu.au">cit.vocational.college@cit.act.edu.au</a>
<b>Adult Migrant English Program - AMEP</b> This is a Department of Immigration and Citizenship funded program and eligibility criteria apply. A range of English learning activities for migrants and refugees at all levels of ability. Full time and part time, day and evening. These include classes, a distance learning program and the Home Tutor Scheme. Continuous enrolment.	Classes available at CIT Reid Campus and Belconnen Community Centre  Dates and times TBA  Please ring or email for more information	No cost for eligible migrants and refugees AMEP CIT Vocational College  Ph: 6207 4800  <a href="mailto:cit.vocational.college@cit.act.edu.au">cit.vocational.college@cit.act.edu.au</a>
<b>AMEP ACT Home Tutor Scheme</b> Volunteers needed with Home Tutor Scheme to assist adult migrants and refugees with language and support. No prior experience needed. Training provided.	J12 CIT Reid Campus, Constitution Ave  Dates and times TBA	AMEP, CIT Vocational College Home Tutor Scheme Ph: 6207 4800 <a href="mailto:cit.vocational.college@cit.act.edu.au">cit.vocational.college@cit.act.edu.au</a>
<b>Learning Filipino Together</b> Filipino Language Course for Young Children. The curriculum promotes Filipino Heritage and culture through songs, dances and other forms of art. Runs over 10 sessions. One free Trial lesson is available.	Northside: Palmerston Community Centre, Tiptree Crescent, Palmerston,  Saturdays during school terms 11am – 1.30pm  Southside: Erindale Neighbourhood Centre, Comrie St Wanniasa,  Sundays during school terms 4.15 – 5.45pm	1 <sup>st</sup> Child \$105 2 <sup>nd</sup> \$95 3 <sup>rd</sup> \$85 4 <sup>th</sup> Child Free  Canberra Filipino Families for Bilingualism  Ph: 0450 263 468 <a href="http://www.canberra-filipino.weebly.com">www.canberra-filipino.weebly.com</a>  <a href="mailto:canberra.filipino@gmail.com">canberra.filipino@gmail.com</a>
<b>Advanced Academic English (IELTS)</b> For those who have finished available ESL courses, and need to improve their English to study at an Australian university.	Queanbeyan Multilingual Centre, 12 Rutledge St, Queanbeyan Mon and Wed 10am – 12 noon Or by appointment	Free Queanbeyan Multilingual Centre Ph: 6297 6110

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<p><b>Occasional Activities</b></p> <p>Workshops in conjunction with other agencies in Queanbeyan on topics such as: diabetes, mental health, cooking, women's health and elections.</p> <p><b>Bus Trips:</b> e.g. Young to pick cherries, Seniors Week trip planned, plus more.</p>	<p>Queanbeyan Multilingual Centre, 12 Rutledge St, Queanbeyan Various times and dates Phone for information</p>	<p>Free Small fee for bus trips Queanbeyan Multilingual Centre Ph: 6297 6110</p>
<p><b>IELTS Support Group - International English Language Testing System</b></p> <p>An informal group designed to help people to prepare for the IELTS.</p>	<p>Civic Library Saturdays 10.30am – 12.30pm</p>	<p>Free ACT Public Library Ph: 6205 9000 <a href="mailto:Library.customerinfo@act.gov.au">Library.customerinfo@act.gov.au</a></p>
<p><b>Spanish Carer's Social Group</b></p> <p>For carers of people with a mental illness. Socialise and relax with gentle exercise, bingo and guest speakers. Share stories and experiences with other mature Spanish-speaking carers.</p>	<p>Tuggeranong Library Community Room Fortnightly on Wednesdays 10.30am – 1pm</p>	<p>Free  Mental Health Foundation  Kate Ringe Ph: 6247 1936</p>
<p><b>Atfaal Playgroup</b></p> <p>A Playgroup for Muslim families with children under the age of four living in Gungahlin. The group aims to build links with the community and improve access to parenting information and services</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin  Tuesday mornings 10am – 12noon during school terms</p>	<p>Free Gungahlin Child and Family Centre  Intake Ph: 6207 0120</p>
<p><b>Multicultural Playgroup</b></p> <p>Aims to assist multicultural families (with children from birth to five years) from Tuggeranong area to settle into the community by providing them with a variety of support services. Also aims to support families by nurturing their child's development through play. Facilitated by Tuggeranong Child and Family Centre and Multicultural Youth Service.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre  Thursday mornings during school terms Times TBA</p>	<p>Free  Tuggeranong Child and Family Centre  Intake 6207 8228</p>
<p><b>SMILE – Program</b></p> <p>Smile- Seniors Multicultural Information and Learning Exchange for over 50's of any nationality. The group shares stories, recipes, talks, excursions and more.</p>	<p>Function Room Theo Notaras Multicultural Centre London Circuit, Civic 1<sup>st</sup> Saturday of each month 1.30-4pm Starts February</p>	<p>Free for members Membership \$11 Joining fee and \$11 p.a.  Alisa Turrell Ph: 6296 4321</p>