

Table of contents

WIRC SUPPORT GROUPS, COURSES & INFORMATION SESSIONS	2
PERSONAL DEVELOPMENT & RELATIONSHIPS	5
DOMESTIC & SEXUAL VIOLENCE SURVIVOR'S SUPPORT GROUPS	9
EMOTIONAL & MENTAL WELLBEING	10
CHILDBIRTH & MOTHER'S SUPPORT	13
PLAYGROUPS	19
PARENT SUPPORT	25
YOUTH SUPPORT	36
SENIOR'S SUPPORT.....	40
HEALTH INFORMATION & COMMUNITY SUPPORT	43
MEN'S INFORMATION & SUPPORT	51
MIGRANT INFORMATION & SUPPORT.....	53
EDUCATION & TRAINING	56
RECREATIONAL & SOCIAL.....	68
EVENTS.....	72

Disclaimer: What's On For Women has been compiled by The Women's Information and Referral Centre (WIRC) from information received by organisations, services and individuals. Every effort has been made to ensure the information is accurate and current at the time of printing. WIRC takes no responsibility for any errors, omissions or resulting liability.

WIRC SUPPORT GROUPS, COURSES & INFORMATION SESSIONS

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Thinking Thursdays</p> <p>Lunchtime information sessions for women in paid employment. Presented by professional guest speakers, providing information and basic strategies on current issues affecting women's lives. Topics include: communication skills in the work place, self esteem and assertiveness, managing life /work responsibilities, health and wellbeing, goal setting and more.</p>	<p>WIRC, Gr Fl, London Court Bldg, 13 London Cct, Canberra City</p> <p>Usually 3rd Thursday of the month 12.30 – 1.30pm</p> <p>23 Feb, 29 Mar, 26 Apr, 24 May and 28 June</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076</p> <p>wirc@act.gov.au www.women.act.gov.au Ring for bookings and further information</p>
<p>Relationship Separation Information Sessions</p> <p>A joint project between Women's Legal Centre and WIRC. This session is designed for women facing the process of separation. Topics presented will be on general Family Law issues. Referrals for individual issues can be given after the session.</p>	<p>Venue and dates TBA</p> <p>1.00 –2.00pm 1–1.30pm – Property Settlement 1.30 – 2pm – Children's matters</p> <p>Bookings essential</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 wirc@act.gov.au www.women.act.gov.au</p>
<p>Moving On After Separation</p> <p>A six week group for women who have separated from a non-abusive relationship. This is a support group for women wanting to look at the process of separation, share experiences and develop strategies to find positive outcomes in this new life stage. Groups will be run if there are sufficient numbers. Expressions of interest are sought.</p>	<p>Venue TBA</p> <p>Term 1: Tuesdays 21 Feb – 27 March 5.30 – 8.30pm Bookings essential</p> <p>Informal interview is required</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 wirc@act.gov.au www.women.act.gov.au</p>
<p>It is Time to TALK Domestic Violence Support Group</p> <p>An eight week group for women who have been in an abusive relationship in their adult lives. This is a small safe group lead by an experienced group leader. The program aims to help women to: explore the effects of living in an abusive relationship; develop an understanding of the types of domestic violence; increase self-esteem; find new ways of relating to self and others and gain a sense of control of their lives. The group will be run if there are sufficient numbers. Expressions of interest are sought.</p>	<p>Venue TBA</p> <p>Term 1: Tuesdays 14 Feb – 3 April 10am – 1pm</p> <p>Term 2: Thursdays 17 May – 7 June 10am – 1pm</p> <p>Bookings essential Informal interview required</p> <p>Assistance with payment for accredited childcare may be available.</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 wirc@act.gov.au www.women.act.gov.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Anger Management</p> <p>Life is more stressful and we have less time to enjoy our lives, often resulting in our interactions with others being stressed and with conflict. This is a six week course for women who want to develop an awareness of the causes and triggers of anger and strategies for managing anger. Topics include: concepts of effective communication, assertiveness and self-esteem, recognising negative thinking patterns and techniques for managing triggers and positive problem solving.</p>	<p>WIRC, Gr FI, London Court Bldg 13 London Cct, Canberra City</p> <p>Term 1: Fridays 17 Feb – 23 March 10am – 1pm</p> <p>Term 2: Wednesdays 16 May – 20 June 6 – 8.30pm</p>	<p>\$80 \$40 concession</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 6205 1075 wirc@act.gov.au www.women.act.gov.au</p>
<p>Self Esteem/Assertiveness</p> <p>A 6 week course to assist women in becoming more assertive by increasing their understanding of self acceptance and therefore gaining self confidence. Concepts covered in the group include: self talk, assertive communication, self care and identifying personal strengths.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Term 1: Wednesdays 22 Feb – 28 March 6.30 – 8.30pm</p> <p>Term 2: Tuesdays 8 May – 12 June 6 – 8.30pm</p>	<p>\$80 \$40 concession</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075 wirc@act.gov.au www.women.act.gov.au</p>
<p>Communication Skills and Rapport Building</p> <p>A two days workshop providing information on how to improve your personal and professional relationships and effectiveness by becoming a charismatic communicator. This interactive workshop aims to provide skills in how to: use your preferred communication style and that of others; build rapport easily, face to face, over the phone and even through email; as well as the other essentials of skilful communication.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Term 1: Wednesday 28 and Friday 30 March 10am – 4pm</p> <p>Morning and afternoon tea will be provided.</p>	<p>\$200 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075 wirc@act.gov.au www.women.act.gov.au</p>
<p>Dealing with Difficult People</p> <p>This one day workshop is an interactive and practical workshop to build skills in navigating tricky people with simple techniques that will assist participants to work with anyone. The workshop explores:</p> <ul style="list-style-type: none"> Types of difficult behaviour and how to understand what might be driving them. How to choose a communication response rather than feel driven to a reaction. What helps to build good relationships with even the most difficult people. 	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Term 1: Tuesday 10 April 10am – 4pm</p>	<p>\$100 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075 wirc@act.gov.au www.women.act.gov.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Negotiating with Emotional Intelligence</p> <p>Emotional intelligence is critical to understanding both yourself and those you have to negotiate. This one day workshop explores the elements of emotional intelligence and how to apply them to negotiations. The workshop will assist participants to acquire strategies that enable them to be versatile and adept emotionally intelligent negotiators.</p> <p>Course topics will address: the principles of emotional intelligence; using emotionally intelligent negotiation approaches; creating good will and understanding.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Term 2: Wednesday 20 June 10am – 4pm</p>	<p>\$100 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075</p> <p>wirc@act.gov.au www.women.act.gov.au</p>
<p>Conflict Resolution</p> <p>This one day workshop is designed to assist women to handle conflict constructively. Participants will learn to identify conflict and potential triggers, as well as strategies for managing the powerful emotions conflict can generate. The workshop will offer women techniques in managing conflict and creating a safe and supportive environment.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Term 2: Tuesday 15 May 10am – 4pm</p>	<p>\$100 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075</p> <p>wirc@act.gov.au www.women.act.gov.au</p>
<p>7 Types of Busy</p> <p>Have you ever wondered what the difference is between being busy and leading a full life? This six- week course will look at reducing the frantic and increasing the functional parts in women's life. The course aims to provide:</p> <ul style="list-style-type: none"> • Descriptions on the 7 types of busy and how they complicate your life. • First aid for the chronically overwhelmed. • Self-assessment quiz to determine burnout. 	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Term 1: Thursdays 1 March – 5 April 6.30 – 9pm</p>	<p>\$80 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075</p> <p>wirc@act.gov.au www.women.act.gov.au</p>
<p>Career Information Sessions</p> <p>A series of four consecutive information sessions conducted by professional facilitators. The sessions include: "Getting Yourself Ready for the Workforce" - bridging the out of work gap, "Getting the Skills for the Job" - training and work opportunities, "Getting the Job" - career objectives and resume writing and "Preparing for interview and Interview skills".</p> <p>The workshops are presented as a package and women are encouraged to attend all four.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Dates & Times TBA Daytime Booking is essential</p> <p>Assistance with payment for accredited childcare may be available.</p>	<p>Free Bookings essential Women's Return to Work Grants at Women's Information and Referral Centre</p> <p>Return to Work Coordinator Ph: 6205 2885 rtw@act.gov.au www.women.act.gov.au</p>

PERSONAL DEVELOPMENT & RELATIONSHIPS

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Beautiful Me A two-day group exploring women's journeys with body image, looking at culture, self-esteem and more.</p>	<p>Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City</p> <p>Dates and times TBA Bookings essential</p>	<p>Free</p> <p>WIRED Ph: 6248 8600</p>
<p>Family Of Origin A two-day group for women to do some personal work on family of origin issues, with a focus on growing up in a dysfunctional family.</p>	<p>Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City</p> <p>Dates and times TBA Bookings essential</p>	<p>Free</p> <p>WIRED Ph: 6248 8600</p>
<p>Women's Relapse Prevention Group A seven-week group providing practical strategies and offering topics like: self-esteem, stress and anger management, support systems, body image, relationships and more. Women can join the group at any stage in the seven-week cycle. Lunch provided.</p>	<p>Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City</p> <p>Tuesdays 10.30am – 12.30pm No bookings required</p>	<p>Free</p> <p>WIRED Ph: 6248 8600</p>
<p>Moving On After Separation A six week group for women who have separated from a non-abusive relationship. This is a support group for women wanting to look at the process of separation, share experiences and develop strategies to find positive outcomes in this new life stage. Groups will be run if there are sufficient numbers. Expressions of interest are sought.</p>	<p>Venue TBA</p> <p>Term 1: Tuesdays 21 Feb – 27 March 5.30 – 8.30pm Bookings essential</p> <p>Informal interview is required</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 wirc@act.gov.au www.women.act.gov.au</p>
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<p>Building Better Relationships</p> <p>This group suits couples who are married, same sex, going out or living together and who want to deepen their understanding of their relationship. It aims to improve communication skills and explore new ways to build up relationships and positively manage stress. It is not suitable for couples in the midst of a major crisis.</p>	<p>Relationships Australia, 15 Napier Close, Deakin</p> <p>Dates and times TBA</p> <p>Bookings essential</p>	<p>Cost TBA</p> <p>Relationships Australia</p> <p>Ph: 6122 7100 enquiries@car.relationships.com.au</p>
<p>Anger Management for Women</p> <p>This program is designed for women who wish to explore new and positive strategies for dealing with anger in their lives and relationships. The program brings participants together to discuss issues of mutual concern, specifically anger, hostility and aggression, and assist participants in gaining an understanding of the ideas that restrict the possibility for change.</p>	<p>Relationships Australia, 15 Napier Close, Deakin</p> <p>Mid February Dates and times TBA</p> <p>Bookings essential</p>	<p>\$20 Relationships Australia</p> <p>Ph: 6122 7100 enquiries@car.relationships.com.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Relaxing Into Parenting and Baby Makes Three; A group about parenting and relationships for first time parents.</p> <p>Recognising the tremendous change couples face when having their first child, Relationships Australia in partnership with the Child and Family Centres offers a course for couples that builds on and strengthens relationships during this important and exciting time.</p>	<p>Tuggeranong, Gungahlin and West Belconnen Child and Family Centres</p> <p>Jan, Mar and May Dates and times TBA</p> <p>Bookings essential</p>	<p>Free</p> <p>Relationships Australia Regional Child and Family Centres</p> <p>Tuggeranong Ph: 6207 8228</p> <p>Gungahlin Ph: 6207 0120</p> <p>West Belconnen Ph: 6205 2904</p> <p>enquiries@car.relationships.com.au</p>
<p>Co- parenting After Separation</p> <p>This 3 week program helps participants deal with the challenges of parenting after separating. It examines ways to take you forward into a constructive parenting relationship benefiting yourself and your children. Topics include, but are not limited to, the experience for children of separated parents, transitions from one home to two and managing conflict and communication.</p>	<p>Relationships Australia, 15 Napier Close, Deakin</p> <p>3, 14 and 28 March</p> <p>26, 30 May and 6 June</p> <p>Times TBA</p> <p>Bookings essential</p>	<p>\$80 per person</p> <p>Relationships Australia</p> <p>Ph: 6122 7100 enquiries@car.relationships.com.au</p>
<p>FOCUS</p> <p>A comprehensive pre - marriage education program which helps couples learn more about themselves and their relationship and work through issues before marriage or a long term committed relationship.</p>	<p>Relationships Australia 15 Napier Close, Deakin</p> <p>Offered all year round Dates and times TBA</p> <p>Bookings essential</p>	<p>Cost TBA</p> <p>Relationships Australia</p> <p>Ph: 6122 7100 enquiries@car.relationships.com.au</p>

DOMESTIC & SEXUAL VIOLENCE SURVIVOR'S SUPPORT GROUPS

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>It is Time to TALK Domestic Violence Support Group</p> <p>An eight week group for women who have been in an abusive relationship in their adult lives. This is a small safe group lead by an experienced group leader. The program aims help women to: explore the effects of living in an abusive relationship; develop an understanding of the types of domestic violence; increase self-esteem; find new ways of relating to self and others and gain a sense of control of their lives. The group will be run if there are sufficient numbers.</p>	<p>Venue TBA</p> <p>Term 1: Tuesdays 14 Feb – 3 April 10am – 1pm</p> <p>Term 2: Thursdays 17 May – 7 June 10am – 1pm</p> <p>Bookings essential Informal interview required</p> <p>Assistance with payment for accredited childcare may be available.</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 wirc@act.gov.au www.women.act.gov.au</p>
<p>Discoveries</p> <p>A nine week program for survivors of child sexual abuse, discussing the impacts now as adults. Participants must commit to the nine week program.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Tuesdays 8 May 4 – 7pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>
<p>Art Therapy</p> <p>An eight week group for expressing feelings through art medium.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Tuesdays 21 Feb 11.30am – 2.45pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>
<p>Mindfulness Group</p> <p>A six week group, helping you to come into the here and now and putting the past behind you.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Tuesdays 28 Feb 4.30 – 6.30pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>
<p>Youth Group</p> <p>An eight week program for 12 – 16 year olds, offering support to survivors of sexual abuse.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Thursdays 3 May 4.30 – 6.30pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>
<p>Parent Group</p> <p>Supporting parents who have children who are survivors of child sexual abuse.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Thursdays 3 May 4.30 – 6.30pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>

EMOTIONAL & MENTAL WELLBEING

Course Name/Description	Venue/Time	Cost/Contact
PANDSI Partner's Evening Information Sessions A group session focussing on wellbeing and how to support a partner experiencing post or anti natal depression.	PANDSI Office, 25 Stapylton St, Holder Quarterly dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI PUMP (Promoting Ultimate Maternal Potential) A group program combining exercise and facilitated support for women affected by post or ante natal depression. Bookings essential.	PANDSI Office, 25 Stapylton St, Holder Kippax Uniting Care Church, Holt Dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Weekly Day Support Group This open, weekly group supports women affected by post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder Wednesdays 10am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Pram Walking Group A scenic walk for those affected by post or ante natal depression, followed by coffee and chat.	Various venues Tuesdays 9.30am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
Aurora A life skills program for people whose lives are affected by trauma and patterns of responding that are derailing the life you want to build.	Venue, dates and times TBA	Free Inanna Counselling Centre Ph: 6173 3456
Wellbeing Group A group providing a range of social activities with a focus on women coming together to enjoy and celebrate social diversity. Morning tea and lunch provided. Please ring to enquire before first attendance.	Inanna South Thursdays 10.30am – 2.00pm	Free Inanna Lyn or Karen Ph: 6295 3323
Art Arvos Provides a diverse range of arts and craft ideas and activities. Afternoon tea provided. Please ring to enquire before first attendance.	Inanna South Wednesdays 1.30 – 3.30pm	Free Inanna Kim or Sandra Ph: 6295 3323
Mindfulness Group Focusing on development and management of helpful thought processes around emotions, goals and everyday situations or issues with an emphasis on mental health. Runs during school semesters. By application only. Group closed once semester starts. Please ring to enquire before first attendance.	Inanna South Tuesdays 10am – 12 noon	Free Inanna Cheryl or Karen Ph: 6295 3323

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<p>Anger Management for Women This program is designed for women who wish to explore new and positive strategies for dealing with anger in their lives and relationships. The program brings participants together to discuss issues of mutual concern, specifically anger, hostility and aggression, and assist participants in gaining an understanding of the ideas that restrict the possibility for change.</p>	<p>Relationships Australia, 15 Napier Close, Deakin</p> <p>Mid February Dates and times TBA</p> <p>Bookings essential</p>	<p>\$20 Relationships Australia</p> <p>Ph: 6122 7100 enquiries@car.relationships.com.au</p>
<p>Calvary Therapy Program A structured group program for people with mental health issues that offers recreational/living skills orientation. Participants need to be able to attend groups and to function with minimal supervision. Includes access to Weight Management Clinic.</p>	<p>Calvary Health Care ACT Cnr Belconnen Way and Haydon Dr, Bruce Held each weekday Times TBA</p>	<p>Free</p> <p>Mental Health Services Ph: 6201 6020</p>
<p>GROW Small group weekly meetings providing mutual self help for anyone who has experienced depression, anxiety or other mental or emotional distress.</p>	<p>Venues, dates and times TBA</p>	<p>Free GROW ACT Kristen Ph: 6295 7791 1800 558 268 www.grow.net.au act@grow.net.au</p>
<p>Bungee Program - Recreational and Creative After School Classes Bungee is an inclusive, arts-based resilience program to enhance mental health and well-being in children and young people. We offer creative after school activities such as circus, dance, acting, expressive art, music, drum making, sculpting and jewellery making. The activities are specially tailored to suit children and young people experiencing mental health difficulties. We welcome all participants who would benefit from such activities. Bookings essential.</p>	<p>Belconnen Community Centre Chandler St, Belconnen Mon, Tue, Wed and Thur 4 – 6pm</p> <p>MURA Lanyon Youth Centre Tue and Thur 4 – 6pm</p> <p>Tuggeranong Child and Family Centre Classes for children with anxieties Thursdays 1.30 – 3pm</p> <p>Ongoing, please call for dates</p>	<p>\$30, \$20 concession per term (9 sessions) negotiable</p> <p>Bungee Program</p> <p>Susan Pfanner or Roger Webber Ph: 6264 0232 bungee@bcsact.com.au www.bcsact.com.au</p>
<p>Southside Day to Day Living Program Structured activities for adults with mental health issues. Various free programs include: computing, cooking and writing. Drop - in and individual support sessions also available.</p>	<p>Tuggeranong Southern Cross Club Stadium Cr Athllon Dr and Cowlshaw St, Greenway</p> <p>Dates and time TBA</p>	<p>Free Belconnen Community Services</p> <p>Ph: 6293 3951</p>
<p>Beading with Pip Learn and practice beading techniques in a fun relaxed atmosphere.</p>	<p>Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson</p> <p>Mondays 11am</p>	<p>Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au</p>
<p>Exercise with Judy Get fit and have fun.</p>	<p>Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson</p> <p>Wednesdays 11am</p>	<p>Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au</p>

Course Name/Description	Venue/Time	Cost/Contact
Music Workshop A musical experience, learn an instrument and some music.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Mondays 1.30pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Art Therapy with Kate This group offers support, skill development, social interaction and an opportunity to have fun.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Wednesdays 2pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Art with Harry Learn new skills and have fun.	Rainbow Program H Block Canberra Technology Park, Phillip Ave, Watson Fridays 1.30pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Pool Competition Put your name on the signup sheet to enter.	Rainbow Program H Block Canberra Technology Park, Phillip Ave, Watson Fridays 11am	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Discoveries A 9 week program for survivors of child sexual abuse, discussing the impacts now as adults. Participants must commit to the nine week program.	The Canberra Rape Crisis Centre Tuesdays 8 May 4 – 7pm	Free Canberra Rape Crisis Centre Ph: 6247 2525
Art Therapy An eight week group for expressing feelings through art medium.	The Canberra Rape Crisis Centre Tuesdays 21 Feb 11.30am – 2.45pm	Free Canberra Rape Crisis Centre Ph: 6247 2525
Mindfulness Group A six week group, helping you to come into the here and now and putting the past behind you.	The Canberra Rape Crisis Centre Tuesdays 28 Feb 4.30 – 6.30pm	Free Canberra Rape Crisis Centre Ph: 6247 2525
Youth Group An eight week program for 12 – 16year olds, offering support to survivors of sexual abuse.	The Canberra Rape Crisis Centre Thursdays 3 May 4.30 – 6.30pm	Free Canberra Rape Crisis Centre Ph: 6247 2525
Parent Group Supporting parents who have children who are survivors of child sexual abuse.	The Canberra Rape Crisis Centre Thursdays 3 May 4.30 – 6.30pm	Free Canberra Rape Crisis Centre Ph: 6247 2525

CHILDBIRTH & MOTHER'S SUPPORT

Course Name/Description	Venue/Time	Cost/Contact
PANDSI Partner's Evening Information Sessions A group session focussing on wellbeing and how to support a partner experiencing post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder Quarterly dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI PUMP (Promoting Ultimate Maternal Potential) A group program combining exercise and facilitated support for women affected by post or ante natal depression. Bookings essential.	PANDSI Office, 25 Stapylton St, Holder Kippax Uniting Care Church, Holt Dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Weekly Day Support Group This open, weekly group supports women affected by post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder Wednesdays 10am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Pram Walking Group A scenic walk for those affected by post or ante natal depression, followed by coffee and chat.	Various venues Tuesdays 9.30am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
Medical Termination Group A facilitated group for parents who have experienced a medical termination.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Monday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph: 6287 4255
General Support Group A facilitated group for parents who have experienced a loss of a pregnancy, baby or child.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 2 nd Monday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
Pregnancy After Loss Group A facilitated group for parents who have experienced a loss and now have a subsequent pregnancy.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Thursday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255

Course Name/Description	Venue/Time	Cost/Contact
Early Pregnancy Loss Group A facilitated group for parents who have experienced an early pregnancy loss (up to 20 weeks gestation).	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Thursday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph: 6287 4255
Multiples Birth Support Group A facilitated group for parents who have experienced a loss of a baby or babies in a multiple birth pregnancy. Please phone prior to attending.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley Dates and times TBA	Free SIDS & Kids ACT Bereavement Counsellors Ph: 6287 4255
Safe Sleep for Babies Learn how to sleep baby safely to avoid SIDS and fatal sleep accidents. Includes why back sleeping is safest, cots and mattresses, flat spots on baby's head and rolling over.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 1st Wed of each month Check first during holidays	Free SIDS & Kids ACT Ph: 6287 4255 education@sidsandkids.act.org
Breastfeeding Education Classes Our courses are designed for expectant and new parents to prepare for breastfeeding in the vital days, weeks and months after your baby's birth. Supported by the ACT Government.	North and South-side Venues TBA Monthly Dates and Times TBA Check the website for details.	\$85 (includes ABA membership) or \$20 for ABA members Australian Breastfeeding Association ACT / SNSW Ph: 6162 2716 www.breastfeeding.asn.au
Australian Breastfeeding Association Playgroups All families with children from newborns to school age are welcome at ABA playgroups. Play with your child and meet other parents. Supported by the ACT Government.	Torrens Community Centre, Torrens Westminster Presbyterian Church Hall, Cook Fortnightly on Mondays 10am-12pm During school terms. Contact the office for details.	First two meetings free (further meetings free to ABA subscribers) Australian Breastfeeding Association ACT / SNSW Ph: 6162 2716
Australian Breastfeeding Association Meetings Meet new friends and have your parenting questions answered. You'll be welcomed and meet other mothers in your area so you'll never need to feel alone. Supported by the ACT Government.	Venues Times and dates TBA Contact the office for details.	First two meetings free (further meetings free to ABA subscribers) Australian Breastfeeding Association ACT / SNSW Ph: 6162 2716

Course Name/Description	Venue/Time	Cost/Contact
Australian Breastfeeding Association Multiple Birth Playgroup A friendly, supportive playgroup for parents with multiples and their siblings, including expectant parents. Supported by the ACT Government.	ABA Branch Office, Chifley Health & Wellbeing Hub, Maclaurin Cr, Chifley Bimonthly playgroup on Fridays 11am – 1pm Contact office for dates.	First two meetings free (further meetings free to ABA subscribers) Australian Breastfeeding Association ACT / SNSW Ph: 6162 2716
Pregnancy to Parenting This series is designed to help prepare first time parents for childbirth and parenting. Discussions around late pregnancy, labour, positions for labour, pelvic floor care, breastfeeding, baby care, support and a tour of the delivery suite.	Canberra Hospital Maternity Unit Five evening sessions: Mon – Thurs 7 – 9pm or One day intensive session: usually 3 rd Tues of the month 9am – 4.30pm or Monthly on the weekend	Free Bookings required The Canberra Hospital Ph: 6244 2088
Birth Centre Information Session This session, by the Canberra Midwifery Program (CMP), is for couples interested in gaining information about the benefits of one to one midwifery care and how the CMP operates. Women who are exploring birth options, planning to birth with CMP or those who are on a waiting list are strongly encouraged to attend.	Birth Centre, Canberra Hospital Dates and times TBA Mondays 3.30pm Wednesdays 11.30am Except public holidays No booking required	Free Birth Centre, Maternity Building The Canberra Hospital Ph: 6244 3145
Breastfeeding An afternoon session with a lactation consultant discussing breastfeeding issues and the needs of a newborn. This session is highly recommended to women attending the Pregnancy to Parenting series.	Canberra Hospital Maternity Unit Venues dates and Times TBA Phone for more information and for bookings	Free The Canberra Hospital Ph: 6244 2088
Refresher Series Two sessions conducted by a midwife and a physiotherapist for women and their partners or support - person who have already experienced birth, and also for women who have birthed elsewhere prior to new pregnancy.	Canberra Hospital Maternity Unit Monthly Thursdays 10am – 12 noon Also some weekend sessions Dates TBA	Free The Canberra Hospital Ph: 6244 2088
Twin Sessions A session by a midwife in delivery suite for women with a twin (multiple) pregnancy. This session covers the options and recommendations for women planning a vaginal twin birth.	Canberra Hospital Maternity Unit Dates and Times TBA Please phone for more information	Free The Canberra Hospital Ph: 6244 2088
Caesarean Birth Sessions A session with a midwife to discuss Caesarean childbirth at The Canberra Hospital. Women who have planned caesarean are able to discuss any issues that may concern them.	Canberra Hospital Maternity Unit Please phone for more information Every second month on Tuesdays Time TBA	Free The Canberra Hospital Ph: 6244 2088
VBAC (Vaginal Birth After Caesarean) Sessions A session with a midwife to discuss women's options and concerns related to VBAC.	Canberra Hospital Maternity Unit Monthly on Thursdays Times TBA Please phone for more information	Free The Canberra Hospital Ph: 6244 2088

Course Name/Description	Venue/Time	Cost/Contact
Public Tours of the Maternity Unit No need to book.	Canberra Hospital Maternity Unit Please meet inside the entrance to the Maternity Building Sundays 2pm	Free The Canberra Hospital Ph: 6244 2088
Step Ahead for Young Mums and Partners Full antenatal care and education classes provided by a designated midwife for women under twenty years of age. Includes outreach at the Junction Youth Health Centre and CC Cares in Stirling.	Antenatal clinic The Canberra Hospital Wednesdays and Fridays Times TBA	Free The Canberra Hospital Ph: 6244 3470
Healthy Pregnancy Series Run by Midwives and Physiotherapists. Topics covered include: coping with physical discomforts during pregnancy, how to look after your back and abdominal muscles with exercises, advice on safe exercise during pregnancy and relaxation.	The Canberra Hospital Antenatal Education Room Dates and times TBA Bookings essential	Free The Canberra Hospital Antenatal Clinic Ph: 6244 2088
Balancing Bellies Pregnancy fitness class. Weekly course of Therapy Ball exercise classes to keep fit and prepare for labour. Healthy Pregnancy Series is no longer a prerequisite for mothers who are intending to birth at the Canberra Hospital.	The Canberra Hospital Antenatal Education Room Wednesday and Thursday 5.30 – 6.30pm Bookings essential	\$6.50 per class The Canberra Hospital Physiotherapy Ph: 6244 2154
Movers'n'Shapers Postnatal exercise classes. Bring your baby and attend an exercise class that can be progressed and modified to your needs. For mothers who have birthed at the Canberra Hospital.	The Canberra Hospital Antenatal Education Room Wednesday 11am – 12 noon Fridays 1 – 2pm Bookings essential	Free The Canberra Hospital Physiotherapy Ph: 6244 2154
Welcome to Pregnancy Information provided by midwives about staying healthy during pregnancy.	Childbirth Education Room Level 3, Marion Building, Calvary 2 nd Monday each month 7 – 9pm	Free Calvary Health Care Jane Debaecker Ph: 6201 6699 Jane.debaecker@calvary-act.com.au
Transition to Parenting Information and strategies provided by midwives to help new parents negotiate the first year of their baby's life.	Childbirth Education Room Level 3, Marion Building, Calvary 3 rd and 4 th Monday each month 7 – 9pm	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359
Childbirth Education Classes Four information sessions provided by midwives on preparing for labour and birth.	Childbirth Education Room Level 3, Marion Building, Calvary First four Weds and Thurs each month 7 – 9pm	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359
Bringing Baby Home A program for first time parents which focuses on building healthy families. This is a randomised control trial of the program.	Antenatal Clinic, Calvary Two Saturdays per month 9.30am – 4pm	Free Calvary Health Care Jane Debaecker Ph: 6201 6699 Jane.debaecker@calvary-act.com.au

Course Name/Description	Venue/Time	Cost/Contact
<p>Breastfeeding Sessions</p> <p>These one-off sessions are held for pregnant women whether it is their first time or they have had a child in the past. Attending one of these sessions between 28-32 weeks of pregnancy is recommended. Please bring a doll or stuffed toy. Partners or support persons welcome.</p>	<p>Parent Education Room Level 3, Marion Building</p> <p>Thursdays 1.30 – 3.30pm Dates and times TBA</p>	<p>Free Calvary Health Care Antenatal Clinic Ph: 6201 6359</p>
<p>Refresher Sessions</p> <p>This session is for women and their partners who have experienced childbirth and would like more information. Support person is welcome to attend the whole session or the last hour.</p>	<p>Parent Education Room Level 3, Marion Building Dates and times TBA</p>	<p>Free Calvary Health Care Antenatal Clinic Ph: 6201 6359</p>
<p>VBAC - Vaginal Birth after Caesarean Section</p> <p>This session provides information on vaginal birth after a previous Caesarean section including discussion about care in labour and birth, risks and benefits of VBAC and the success rate of VBAC. Facilitated by a midwife.</p>	<p>Parent Education Room Level 3, Marion Building Dates and times TBA</p>	<p>Free Calvary Health Care Antenatal Clinic Ph: 6201 6359</p>
<p>Physiotherapy SHAPE - UP Information Session</p> <p>Come in while you are still in hospital, or return after going home. Babies are welcome.</p>	<p>Parent Education Room Level 3, Marion Building Dates and times TBA</p>	<p>Free Calvary Health Care Antenatal Clinic Ph: 6201 6359</p>
<p>Elective Caesarean Section and Twins Session</p> <p>This session is for women and their support persons who have been booked for a Caesarean section. Facilitated by a midwife, physio, operating theatre staff and pain management nurse.</p>	<p>Parent Education Room Level 3, Marion Building Dates and times TBA</p> <p>Bookings essential</p>	<p>Free Calvary Health Care Antenatal Clinic Ph: 6201 6359</p>
<p>Growing Together</p> <p>An antenatal care group which maps normal pregnancy visits in groups of 8-10 women with two midwifery facilitators. Women can obtain pregnancy care, education and develop support networks.</p>	<p>Parent Education Room Level 3, Marion Building Dates and times TBA</p>	<p>Free Calvary Health Care Antenatal Clinic Ph: 6201 6359</p>
<p>Antenatal Exercise Classes</p> <p>Includes exercises to help you manage the demands of your changing body, before baby and after. We suggest you obtain clearance from either your Midwife or Doctor prior to attending your first class. Bookings essential.</p>	<p>Gymnasium, Level 2 Marion Building Date and times TBA</p>	<p>Free Calvary Health Care Physiotherapy Dept Ph: 6201 6190</p>
<p>Postnatal Exercise Classes</p> <p>Exercise classes are held in the Physiotherapy Gym. Bookings essential.</p>	<p>Gymnasium, Level 2 Marion Building Date and times TBA</p>	<p>Free Calvary Health Care Physiotherapy Dept Ph: 6201 6190</p>
<p>Body Basics</p> <p>Information about staying fit in pregnancy provided by physiotherapists.</p>	<p>Physio Gym, Level 2 Marion Building, Calvary 1st Monday each month</p>	<p>Free Calvary Health Care Physio Department Ph: 6201 6190</p>

Course Name/Description	Venue/Time	Cost/Contact
<p>Pelvic Floor A two part workshop for women experiencing problems with bladder or bowel control or pelvic organ prolapsed. Presented by the Community Care Physiotherapists.</p>	<p>Phillip Health Centre 17 Feb and 2 March 1 – 3pm</p> <p>Belconnen Health Centre 11 and 25 May 1 – 3pm</p>	<p>Free</p> <p>ACT Health Community Care Physiotherapy Ph: 6205 7508</p>
<p>Expectant and New Parents' Information Session New and expectant parents' of multiples are invited to attend a free information session to learn more about life with multiple birth children. This is a service CARMBA provides to the community thus membership is not required to attend the event. Topics for discussion include the unique features of pregnancy, birth and breastfeeding multiples.</p>	<p>Calvary Hospital, Education Room, Maternity Floor</p> <p>First Monday of every second month. Call for dates</p> <p>7pm</p>	<p>Free</p> <p>Canberra and Region Multiple Birth Association</p> <p>Ph: 0411 883 844</p>
<p>Relaxing Into Parenting and Baby Makes Three; A group about parenting and relationships for first time parents. Recognising the tremendous change couples face when having their first child, Relationships Australia in partnership with the Child and Family Centres offers a course for couples that builds on and strengthens relationships during this important and exciting time.</p>	<p>Tuggeranong, Gungahlin and West Belconnen Child and Family Centres</p> <p>Jan, Mar and May Dates and times TBA</p> <p>Bookings essential</p>	<p>Free</p> <p>Relationships Australia Regional Child and Family Centres</p> <p>Tuggeranong Ph: 6207 8228</p> <p>Gungahlin Ph: 6207 0120</p> <p>West Belconnen Ph: 6205 2904</p> <p>enquiries@car.relationships.com.au</p>

PLAYGROUPS

Course Name/Description	Venue/Date/Time	Cost/Contact
ACT Playgroup Association Inc. A community self - help organisation, which provides support and resources for playgroups in Canberra and outlying areas. For children from zero to five years and their parents or carers.	ACT Playgroups Playgroups run independently throughout ACT and outlying areas every day Office Hours: School terms Mon – Fri 9.30am – 2.30pm	Minimal cost ACT Playgroups Ph: 1800 171 882 or 6251 0261 Fax: 6251 9887 playgroupsact@ixa.net.au
Australian Breastfeeding Association Playgroups All families with children from newborns to school age are welcome at ABA playgroups. Play with your child and meet other parents. Supported by the ACT Government.	Torrens Community Centre, Torrens Westminster Presbyterian Church Hall, Cook Fortnightly on Mondays 10am – 12pm During school terms. Contact the office for details.	First two meetings free (further meetings free to ABA subscribers) Australian Breastfeeding Association ACT / SNSW Ph: 02 6162 2716
Australian Breastfeeding Association Multiple Birth Playgroup A friendly, supportive playgroup for parents with multiples and their siblings, including expectant parents. Supported by the ACT Government.	ABA Branch Office, Chifley Health & Wellbeing Hub, Maclaurin Cr, Chifley Bimonthly playgroup on Fridays 11am – 1pm Contact office for dates.	First two meetings free (further meetings free to ABA subscribers) Australian Breastfeeding Association ACT / SNSW Ph: 02 6162 2716
Paint and Play Weston A fun time for children under five and their mums, dads or carers. Painting, craft, singing, stories and more. No bookings required. Not held during wet weather.	Weston Community Hub Formerly Weston Primary School Parking off Hilder St Wednesdays 9.30 – 11am During school terms	Free Donations welcome Communit@Work Sue Galea Ph: 6126 9000
My Time Playgroup; for Children with Chronic Illness or Disability Gives parents or carers a chance to socialise and share ideas with others who understand the rewards and intensity of the caring role. Facilitated by ACT Playgroups Development and Support Workers.	West Belconnen Child and Family Centre Thursdays – 10am 12noon Gungahlin Child and Family Centre Wednesdays 10 – 11.30am Morning tea provided	Free ACT Playgroups Debra Ph: 1800 171 882 playgroupsact@ixa.net.au
Play-connect Families with a child zero to six years, with Autism Spectrum Disorder (ASD) or ASD like symptoms are welcome to join a Play-connect playgroup. Your child does not need an ASD diagnosis to join.	Therapy ACT, Holder Tuesdays 9.45 – 11.45am Giralang AIU Wednesdays 9.30 – 11.30am Tuggeranong Child and Family Centre Tuesdays 11am – 1pm	Free ACT Playgroups Debra or Kate Ph: 1800 171 882 playgroupsact@ixa.net.au

Course Name/Description	Venue/Date/Time	Cost/Contact
Story time at the Public Libraries Stories and fun for pre-school aged children. All welcome, no booking required.	Held at various libraries Ring for dates and times	Free ACT Public Library Ph: 6205 9000 library.customerinfo@act.gov.au www.library.act.gov.au
Play and Learn A facilitated playgroup for parents and carers with children aged zero to five years. Special needs support available.	Noah's Ark Resource Centre Bangalay Cres, Rivett Mon – Fri 10am – 12 noon	Fee for service Noah's Ark Resource Centre Margaret Senior Brendan Willmot Ph: 6287 1117
Learn Giggle and Grow Parents and children have the opportunity to interact and play in a safe and supported environment. The emphasis is on encouraging parents to engage with their children in play, enrich the parent child relationship and help parents to build confidence.	Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin Monday mornings during School terms Times TBA	Free Gungahlin Child and Family Centre Intake Ph: 6207 0120
Atfaal Playgroup 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	Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin Tuesday mornings 10am – 12noon during school terms	Free Gungahlin Child and Family Centre Intake Ph: 6207 0120
Paint and Play - Ngunnawal A fun outdoor time for children zero to five years to paint, do puzzles and play games. Play with your child and meet other mums and dads. Just turn up.	Ngunnawal - Platypus Park Crn Paul Coe and Riley St Tuesdays 9.45 – 11am Week 2 – 9 school terms	Free Gungahlin Child and Family Centre Intake Ph: 6207 0120
Playing together – Special needs Playgroup – Gungahlin A play group for families who have a child under the age of five years, with a disability, developmental delay or chronic medical condition. Siblings under five years welcome. This play group provides an opportunity to meet with other parents and have fun with your children. Guest speakers attend at times to speak on topics relevant to those attending. Facilitated by Gungahlin Child and Family Centre and Playgroups ACT.	Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin Wednesdays 10am – 12noon during school terms	Free Gungahlin Child and Family Centre Intake Ph: 6207 0120
Welcome to Gungahlin For all families new to the Gungahlin area to meet other families and find out about the range of services available in the community. Runs over three, two hour sessions.	Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin Dates and times TBA	Free Gungahlin Child and Family Centre Intake Ph: 6207 0120

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Women's Yarning Group</p> <p>A group for Aboriginal and Torres Strait Islander women and children under the age of 5. An opportunity for women to discover new things about themselves and each other, whilst the children have fun playing together. The group focuses on encouraging women to set goals for themselves and help them to achieve these. Activities taken place have included sewing, print making and first aid training. Guest speakers have also been invited to discuss topics relevant to the women.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p>Playing Together - Tuggeranong</p> <p>A playgroup for families who have a child under the age of five years, with a disability, developmental delay or chronic medical condition. Siblings under five years welcome. Provides an opportunity to meet with other parents and have fun with your children. Guest speakers attend at times to speak on topics relevant to those attending. Facilitated by Playgroups ACT and Tuggeranong Child and Family Centre.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Fridays 9am – 11am</p> <p>During school terms</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake Worker Ph: 6207 8228</p>
<p>Paint and Play - Richardson and Kambah</p> <p>A fun time for children under five - painting, puzzles and games. Play with your child and meet other mums and dads. No booking required.</p>	<p>Richardson Park, Chauncy Cres</p> <p>Kambah, Adventure Playground, Springbett St</p> <p>Alternate Fridays 10 – 11.15am During school terms</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Ph: 6207 8228</p>
<p>Poppy Playgroup Parent's Opportunity to Participate in Play with their Young</p> <p>A supported playgroup where you can meet other parents and share experiences while having fun playing with your children. For parents with mental health issues. Facilitated by Tuggeranong Child and Family Centre.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Tuesday mornings during school terms Times TBA</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p>Learn, Giggle and Grow</p> <p>Parents and children have the opportunity to interact and play in a safe and supported environment. The emphasis is on encouraging parents to engage with their children in play, enrich the parent-child relationship and help parents build confidence.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Wednesday mornings during school terms Times TBA</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake 6207 8228</p>
<p>Multicultural Playgroup</p> <p>Aims to assist multicultural families (with children from birth to five years) from the 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</p> <p>Thursday mornings during school terms Times TBA</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake 6207 8228</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
Poppy Playgroup Parent's Opportunity to Participate in Play with their Young A supported playgroup where you can meet other parents and share experiences while having fun playing with your children. For mums and dads with mental health issues.	Venue TBA Tuesdays 10 – 11.30am	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Paint and Play – Florey A fun time for children under five and their mums, dads, or carers. Painting, puzzles, craft and music. Play with your child and meet other parents in your neighbourhood.	Florey Primary School, Ratcliffe Cres, Florey Fridays 9.15 – 10.30am	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Early Links to Learning Playgroup A playgroup that focuses on promoting early literacy and numeracy skills in a fun and age appropriate way.	Mt Rogers Primary School Alfred Hill Dr, Melba Tuesdays 9.15 – 10.30am	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Learn Giggle and Grow A facilitated playgroup for families who would not normally attend playgroup due to family stresses. The emphasis is on encouraging parents to engage with their children in play, enrich the parent-child relationship and help build parent confidence.	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
CARMBA's Multiplay A playgroup for multiples and siblings.	Lechworth Venue, dates and times TBA	Free Canberra and Region Multiple Birth Association Ph: 0411 883 844 multiplay@carmba.org.au
Barnardos Young Mum's Group A support group for young mothers and their children. Free lunch provided. Run by Schools as Communities and Barnardos.	SACC Centre Queanbeyan Primary School, Isabella St Wednesdays 12.30 – 2.30pm During school terms	Free Queanbeyan Barnardos Ph: 6124 3800 Schools as Communities Maureen Ph: 6297 2167
ACT Playgroup for Parents 25 Years and Under A social arena for parents and their young children to informally meet other young parents and their children. Morning tea provided.	Youth in the City level 1 Cnr Scotts Crossing & Cooyong St, Civic Dates and times TBA	Free Youth in the City Emma Ph: 6232 2411 youth@anglicarecg.org.au
Chisholm Super Kids For mums and dads with children zero to five years. Relaxed and friendly atmosphere.	Chisholm Community Centre Wednesdays 9.30 – 11.30am	Tuggeranong Link Ph: 6292 1604
Klub Bub For mums and dads with children zero to five years. Relaxed and friendly atmosphere.	Chisholm Community Centre Fridays 10am – 12 noon	Tuggeranong Link Ph: 6292 1604

Course Name/Description	Venue/Date/Time	Cost/Contact
Richardson Playgroup and Music Monkeys For mums and dads with children zero to five years. Relaxed and friendly atmosphere.	Richardson Community House Wednesdays 10 – 11.30am	Tuggeranong Link Ph: 6292 1604
Playschool A fun program for three to five year olds, stimulating activities and socialisation. Assists child in preparing for preschool.	Offered at Gilmore, Conder and Isabella Plains Community Houses Dates and times TBA Sessions usually 3 – 4 hrs long During school terms	Term fee (may be paid in instalments) Tuggeranong Link Ph: 6292 1604
Playschool A fun program for three to four and a half year olds to foster their development skills through a play-based program. Assists children in preparing for school.	Noah's Ark at Rivett, Giralang, Jerrabomberra and Letchworth playschool sites Mon - Fri 9.30am – 1.30pm	Term fee Noah's Ark Resource Centre Jen Brennan Ph: 6287 1117
Move and Groove A fun music movement and play program for children and their families. Learn new songs and musical games. Play lots of colourful instruments with your children. Make new friends. Learn about child development and messy play. Bring a piece of fruit to share. Bookings essential.	Lyons Early Childhood School, Ulverstone St, Lyons Dates and Times TBA During school terms	Free Woden Community Service Rebecca Ph: 6234 6836 Lyons Early childhood School Sally Carter Ph: 6205 5700
Paint and Play Lyons An outdoor playgroup for children zero to five years and their families. Community organisations set up activities such as play-dough, bubbles, chalk drawing, easel painting, pasting, stories and songs. This is a partnership between YMCA Canberra, Lyons Early Childhood School, Noah's Art, Woden Community Service and the Smith Family.	Lyons Early Childhood School, Ulverstone St , Lyons Tuesdays 9.30 – 11.00am During school terms	Free YMCA of Canberra Ph: 6251 1683 Lyons Early childhood School Sally Carter Ph: 6205 5700 www.canberra.ymca.org.au
YMCA Mums and Bubs Fitness Class Specialised fitness program to help mums get into shape with no extra childcare cost. Breastfeeding mums are welcome.	YMCA Chifley Health & Fitness Centre, Cnr Eggleston & Maclaurin Cres, Chifley Fridays 10.45 – 11.45am	Casual visits or membership options available YMCA of Canberra Ph: 6281 0124 Yfitness.can@ymca.org.au www.canberra.ymca.org.au
YMCA Baby Play (3 month-1Yr) A fun program designed to enhance baby development and nurture parent child relationships. Includes singing, dancing, rhyming, rolling, tummy play and relaxation.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie Dates and times TBA	\$160 for 10 weeks YMCA of Canberra Ph: 6251 1683 www.canberra.ymca.org.au

Course Name/Description	Venue/Date/Time	Cost/Contact
YMCA Play Gym (1-2yrs) Fun world of equipment and activities. Bounce on trampolines, crawl through tunnels, roll on bolsters, climb a rock wall and learn new songs and games.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie Dates and times TBA	\$160 for 10 weeks YMCA of Canberra Ph: 6251 1683 www.canberra.ymca.org.au
YMCA Kindy Gym (2-3 & 3-5yrs) Unique adventure based themed program where children experience an exciting adventure each fortnight. Fun, interactive and exploratory play. Great for social and physical development.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie Dates and times TBA	\$160 for 10 weeks YMCA of Canberra Ph: 6251 1683 www.canberra.ymca.org.au
YMCA Fun Gym (2-5yrs) Based on the Kindy Gym program, but modified for a broader age range. Ideal for siblings with different ages able to attend together.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie Dates and times TBA	\$160 for 10 weeks YMCA of Canberra Ph: 6251 1683 www.canberra.ymca.org.au
YMCA Junior fit (4-7yrs) Designed to build strength, agility and coordination while promote healthy living habits. Exercise is fun when incorporated with specially designed exercise equipment for children.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie Dates and times TBA	\$160 for 10 weeks YMCA of Canberra Ph: 6251 1683 www.canberra.ymca.org.au
Kindy Gym These session develop your children's physical skills such as balance, coordination and special awareness, as well as their social/emotional development, e.g. sharing, turn-taking, following directions and confidence.	School as Community Centres Queanbeyan Mondays 10am 3 – 4 yrs 10.45 am 4 – 5 yrs 11.30 special needs session	\$2 per child Annette Mob: 0417 677 419
Young Mums Playgroup A playgroup for young mums to provide an opportunity to informally meet with their children.	School as Community Centres Queanbeyan Wednesdays 12.30pm	\$2 per child Annette Mob: 0417 677 419
Playgroups	School as Community Centres Queanbeyan Tues and Wed 9.30 – 11.30 am	\$2 per child Annette Mob: 0417 677 419
Transition to School Playschool	School as Community Centres Queanbeyan Thursdays 3 – 4 yrs Fridays 4 – 5 yrs 9.30 – 11.30am	\$2 per child Annette Mob: 0417 677 419

PARENT SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
PANDSI Partner's Evening Information Sessions A group session focussing on wellbeing and how to support a partner experiencing post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder Quarterly dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI PUMP (Promoting Ultimate Maternal Potential) A group program combining exercise and facilitated support for women affected by post or ante natal depression. Bookings essential.	PANDSI Office, 25 Stapylton St, Holder Kippax Uniting Care Church, Holt Dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Weekly Day Support Group This open, weekly group supports women affected by post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder Wednesdays 10am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Pram Walking Group A scenic walk for those affected by post or ante natal depression, followed by coffee and chat.	Various venues Tuesdays 9.30am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
Weston Pram Pushers Mums, dads, grandparents and carers all welcome to meet with their children for a walk and play. Bring walking shoes, hat drink bottle and sunscreen. Join us for a cuppa after the walk.	Centre Court, Cooleman Court, Weston Mondays 10am – 12noon	Free Communit@Work Sue Galea Ph: 6126 9000
Paint and Play Weston A fun time for children under five and their mums, dads or carers. Painting, craft, singing, stories and more. No bookings required. Not held during wet weather.	Weston Community Hub Formerly Weston Primary School Parking off Hilder St Wednesdays 9.30am – 11am During school terms	Free Donations welcome Communit@Work Sue Galea Ph: 6126 9000
Parent Group Supporting parents who have children who are survivors of child sexual abuse.	The Canberra Rape Crisis Centre Thursdays 3 May 4.30 – 6.30pm	Free Canberra Rape Crisis Centre Ph: 6247 2525

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Relaxing Into Parenting and Baby Makes Three; A group about parenting and relationships for first time parents. Recognising the tremendous change couples face when having their first child, Relationships Australia in partnership with the Child and Family Centres offers a course for couples that builds on and strengthens relationships during this important and exciting time.</p>	<p>Tuggeranong, Gungahlin and West Belconnen Child and Family Centres</p> <p>Jan, Mar and May Dates and times TBA</p> <p>Bookings essential</p>	<p>Free</p> <p>Relationships Australia Regional Child and Family Centres</p> <p>Tuggeranong Ph: 6207 8228</p> <p>Gungahlin Ph: 6207 0120</p> <p>West Belconnen Ph: 6205 2904</p> <p>enquiries@car.relationships.com.au</p>
<p>Co - parenting After Separation This 3 week program helps participants deal with the challenges of parenting after separating. It examines ways to take you forward into a constructive parenting relationship benefiting yourself and your children. Topics include, but are not limited to, the experience for children of separated parents, transitions from one home to two and managing conflict and communication.</p>	<p>Relationships Australia, 15 Napier Close, Deakin</p> <p>Term 1: 3, 14 and 28 March</p> <p>Term 2: 26, 30 May and 6 June</p> <p>Times TBA Bookings essential</p>	<p>\$80 per person</p> <p>Relationships Australia</p> <p>Ph: 6122 7100 enquiries@car.relationships.com.au</p>
<p>SoSAFE! Training Provides an introduction for parents and carers to the SoSAFE set of visual tools to teach social safety and relationships to people with moderate to severe intellectual disability, and Autism Spectrum Disorder.</p>	<p>Venue, date and time TBA Please check website</p>	<p>\$255 includes SoSAFE! Manual</p> <p>Sexual Health and Family Planning Disability Team Ph: 6247 3077 www.shfpact.org.au</p>
<p>Expectant and New Parents' Information Session New and expectant parents of multiples are invited to attend a free information session to learn more about life with multiple birth children. This is a service Canberra and Region Multiple Birth Association (CARMBA) provides to the community thus membership is not required to attend the event. Topics for discussion include the unique features of pregnancy, birth and breastfeeding multiples.</p>	<p>Calvary Hospital, Education Room, Maternity Floor</p> <p>First Monday of every second month. Call for dates</p> <p>7pm</p>	<p>Free</p> <p>Canberra and Region Multiple Birth Association</p> <p>Ph: 0411 883 844</p>
<p>CARMBA's Multiplay A playgroup for multiples and siblings.</p>	<p>Lechworth Venue dates and times TBA</p>	<p>Free</p> <p>Canberra and Region Multiple Birth Association</p> <p>Ph: 0411 883 844 multiplay@carmba.org.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
YMCA Playschool A fun early childhood program for 3-5 year olds. The program provides opportunities for learning and development while promoting independence.	Venues, dates and times TBA Gungahlin area	\$279 for 10 weeks YMCA Child and Family Centre Ph: 6251 1683 www.canberra.ymca.org.au
YMCA Rhyming Connections Program A fun and engaging Parent Child Mother Goose Program for first time parents with children aged 0-1 years. An excellent social activity for both you and your child. Enjoy learning songs, rhymes and stories together.	Venue, dates and times TBA Two locations: Gungahlin and Belconnen	Free YMCA Child and Family Centre Ph: 6251 1683 www.canberra.ymca.org.au
Paint and Play (0-5yrs) An outdoor playgroup operating during school terms. Community organisations set up activities such as play-dough, bubbles, chalk drawing, easel painting, pasting, stories and songs.	YMCA and Lyons Early Childhood School Paint and Play Ulverstone St - parking available in Tooms Place and walk across oval Tuesdays 9.30 – 11.00am Paint and Play at Wakefield Gardens, Ainslie Wednesdays 9.30 – 11.00 am During school terms	Free YMCA Child and Family Centre Ph: 6251 1683 www.canberra.ymca.org.au
Maysoon An eight session course for women with alcohol and/or other drug issues who also have children. Sessions include: self esteem, goals, confidence and pampering. A healthy lunch and free onsite childcare is provided.	Directions ACT 1 Bradley St, Woden (next to bus interchange) Dates and times TBA	Free Directions ACT Bec Davies Ph: 6122 8000
Parent Effectiveness Training (P.E.T.) P.E.T. is an experiential, skills based course, teaching effective communication skills between children and parents, based on mutual respect. P.E.T. does not use rewards and punishment. Instead, it promotes consideration, resilience and emotional intelligence. Parents find they yell less and enjoy their children more.	Venues, dates and times TBA	Cost TBA ParentLine Ph: 6287 3833
Mpower Strikers Mpower Strikers is a four term program for 3 and 4 year olds including those with special needs that develops fundamental movement and perceptual motor skills through a variety of fun games and activities. These activities are conducted with the aim of facilitating carer/child interaction, whilst developing basic soccer skills.	Mpowerdome 56 Coyne St, Fadden Dates and Times TBA	\$128.25 - \$139.50 per term Mpowerdome Ph: 6298 5500 www.mpowerdome.com.au

Course Name/Description	Venue/Date/Time	Cost/Contact
Parents, Tinies and Toddlers Fun and creative dance class for mums and/or dads and their small children under four years.	St Margaret's Uniting Church Hall Cnr Antill and Phillip Ave, Hackett Commences 7 Feb, 10am During school terms Start at any time during the term	\$10 per family Canberra Dance Theatre Ph: 0435 025 365 info@canberradancetheatre.org www.canberradancetheatre.org
Parenting for Positive Relationships A six session group for mums wanting to strengthen their relationship with their children and other family members. Topics include: the nature of relationships, strengthening interactions with children and the basis for good communication. Lunch included. Assistance with transport and childcare available if needed.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Dates and Times TBA Bookings essential	\$60 \$30 concession Family Skills Program Mary Ford Ph: 6162 5800 mary.ford@marymead.org.au
Parenting for Positive Behaviours A six session group for mums wanting to strengthen their skills to encourage positive behaviour in their children. Topics include: the causes of problem behaviour, changing behaviour, encouraging desirable behaviour and managing inappropriate behaviour. Lunch included. Assistance with transport and childcare available if needed.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Dates and Times TBA Bookings essential	\$60 \$20 concession Family Skills Program Mary Ford Ph: 6162 5800 mary.ford@marymead.org.au
Self-Care for Mums A four session group for mums who have a busy life and find little time for themselves. The program looks at practical ideas for self care and making 'time for you' a habit. Lunch included. Assistance with transport and childcare available if needed.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Dates and Times TBA Bookings essential	\$40 \$20 concession Family Skills Program Mary Ford Ph: 6162 5800 mary.ford@marymead.org.au
Parenting Skills for Couples A four-session group for couples who want to improve their parenting skills, and who want to learn how to work together as a team.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Wednesdays 14 Mar – 4 Apr 6 – 9pm Bookings essential Dinner provided	\$40 \$20 concession Per couple Terry Norman Ph: 6162 5800
Circle of Security An eight-session group for couples and single parents who want to improve their parenting skill, and learn how to read their child's emotional state.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Thursdays 12 Apr – 5 May 6 – 9pm Bookings essential Dinner provided	\$40 \$20 concession Per couple Terry Norman Ph: 6162 5800
Engaging Adolescents A course for couples which addresses the particular challenges of engaging with adolescents.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Dates and Times TBA	\$40 \$20 concession Per couple Marymead Child and Family Centre Terry Norman Ph: 6162 5851

Course Name/Description	Venue/Date/Time	Cost/Contact
Stressed Out Sisters Enjoy some grown up time for yourself with our health and craft group while we keep an eye on your children.	BCS Kippax Office Meeting room 1 Kippax Health Centre Wednesday 9am – 12noon	Free Belconnen Community Service Helen Ph: 6278 4175
Majura Women's Group A self-run organisation for women, at home with young children, to meet and participate in stimulating and creative activities. Low cost, high quality childcare available.	Downer Community Centre, Frencham PI, Downer Wednesdays 9.30am – 12noon During school terms	\$5 membership Gold coin donation for childcare. Majura Women's Group Geraldine Ph: 6161 7156 majurawomensgroup@gmail.com www.majurawomensgroup.net
Brindabella Women's Group A self-run community group providing an opportunity for women at home with young children to meet regularly, exchange information and learn new skills. Holds discussion mornings and creative sessions. New members and visitors always welcome.	Chisholm Community Centre 15 - 19 Halley St, Chisholm Tuesdays 9.30am – 12.30pm during school terms	\$5 voluntary donation per session. \$1 annual membership Brindabella Women's Group Binanca Ph: 6288 4539 brindabellawg@yahoo.com.au www.brindabellawomensgroup.org
Barnardos Young Mum's Group A support group for young mothers and their children. Free lunch provided. Run by Schools as Communities and Barnardos.	SACC Centre Queanbeyan Primary School, Isabella St Wednesdays 12.30 – 2.30pm During school terms	Free Queanbeyan Barnardos Ph: 6124 3800 Schools as Communities Ph: 6297 2167
Barnardos Mentoring and Tutoring Program - Training This program matches children aged 6 -16 with volunteer mentors for friendship and/or educational activities. Volunteers receive initial and ongoing training and support. Requires a twelve month commitment involving 3 - 5 hrs per week friendship and 1 - 2 hrs per week mentoring/tutoring.	Barnardos Queanbeyan 24 Thornton Rd Queanbeyan and Barnardos Canberra 2 Atherton St Downer Dates and times TBA	Free training Barnardos Queanbeyan Ph: 6124 3800 kfqbny@barnardos.org.au Barnardos Canberra Ph: 6228 9500
Barnardos – Kids in Focus Program The program provides a range of intensive interventions for children and families where there is drug and/or alcohol misuse. The program identifies and addresses both the needs of the parents and their children. The program meets the needs of the Parenting Under Pressure model. Funded by FaHCSIA.	Venue and dates and times TBA	Free Barnardos, Canberra Meg Fitzgerald Ph: 6228 9541 or 0447 286 236 mfitzgerald@barnardos.org.au

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>STEPS Program</p> <p>The STEPS program aims to educate and support young pregnant and parenting women (13-25) to enhance their health and well-being. The program provides information and support through a series of weekly workshops on: Community and Social Connections, Health and Well-being, Positive Parenting and Healthy Relationships. STEPS can provide additional support through case management.</p>	<p>YMCA MURA Lanyon Youth and Community Centre</p> <p>Commencing 7 Feb</p> <p>Tuesdays 10.30am – 2pm</p> <p>Free lunch and childcare Transport provided on needs basis.</p>	<p>Free</p> <p>YWCA of Canberra</p> <p>Claudia – Mon -Thu Ph: 6294 4633 0417 459 297 claudia.lopez@ywca-canberra.org.au</p>
<p>Grand Jugglers</p> <p>Canberra Mothercraft Society and Warehouse Circus offer a circus skills program for children being parented by Grandparents or children who are in Kinship Care. Children must be 8 years of age or over. Grand Jugglers is free to eligible families.</p>	<p>Warehouse Circus Chifley Health and Wellbeing Hub 1 Maclauren Cres, Chifley</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Canberra Mothercraft Society Emma Ph: 6205 2333</p> <p>Warehouse Circus Andy Ph: 6260 3626</p>
<p>Learn Giggle and Grow</p> <p>Parents and children have the opportunity to interact and play in a safe and supported environment. The emphasis is on encouraging parents to engage with their children in play, enrich the parent child relationship and help parents to build confidence.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Monday mornings during School terms Times TBA</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p>Atfaal Playgroup</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</p> <p>Tuesday mornings 10am – 12noon during school terms</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p>Paint and Play - Ngunnawal</p> <p>A fun outdoor time for children zero to five years to paint, do puzzles and play games. Play with your child and meet other mums and dads. Just turn up.</p>	<p>Ngunnawal - Platypus Park Crn Paul Coe and Riley St Tuesdays 9.45 – 11am Week 2 – 9 school terms</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p>Playing together – Special needs Playgroup – Gungahlin</p> <p>A play group for families who have a child under the age of five years, with a disability, developmental delay or chronic medical condition. Siblings under five years welcome. This play group provides an opportunity to meet with other parents and have fun with your children. Guest speakers attend at times to speak on topics relevant to those attending. Facilitated by Gungahlin Child and Family Centre and Playgroups ACT.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Wednesdays 10am – 12noon during school terms</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Women's Yarning Group</p> <p>A group for Aboriginal and Torres Strait Islander women and children under the age of 5. An opportunity for women to discover new things about themselves and each other, whilst the children have fun playing together. The group focuses on encouraging women to set goals for themselves and help them to achieve these. Activities taken place have included sewing, print making and first aid training. Guest speakers have also been invited to discuss topics relevant to the women.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p>Welcome to Gungahlin</p> <p>For all families new to the Gungahlin area to meet other families and find out about the range of services available in the community. Runs over three, two hour sessions.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p>Triple P - Positive Parenting Program</p> <p>A program that aims to strengthen relationships between dads, mums and their children in the Gungahlin community. Learn and practice positive behaviour management strategies.</p>	<p>Gungahlin Child and Family Centre May also be held at local primary schools</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p>Growing Healthy Families - Gungahlin</p> <p>A range of programs and supports for Aboriginal and Torres Strait Islander families with young children.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p>Growing Healthy Families - Tuggeranong</p> <p>Range of programs and supports for Aboriginal and Torres Strait Islander families with young children.</p>	<p>Tuggeranong Child and Family Centre</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p>Playing Together - Tuggeranong</p> <p>A playgroup for families who have a child under the age of five years, with a disability, developmental delay or chronic medical condition. Siblings under five years welcome. Provides an opportunity to meet with other parents and have fun with your children. Guest speakers attend at times to speak on topics relevant to those attending. Facilitated by Playgroups ACT and Tuggeranong Child and Family Centre.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Fridays 9 – 11am</p> <p>during school terms</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake Worker Ph: 6207 8228</p>
<p>Paint and Play - Richardson and Kambah</p> <p>A fun time for children under five - painting, puzzles and games. Play with your child and meet other mums and dads. No booking required.</p>	<p>Richardson Park, Chauncy Cres</p> <p>Kambah, Adventure Playground, Springbett St</p> <p>Alternate Fridays 10 – 11.15am</p> <p>During school terms</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Ph: 6207 8228</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Poppy Playgroup Parent's Opportunity to Participate in Play with their Young</p> <p>A supported playgroup where you can meet other parents and share experiences while having fun playing with your children. For parents with mental health issues. Facilitated by Tuggeranong Child and Family Centre.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Tuesday mornings during school term Times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p>Learn, Giggle and Grow</p> <p>Parents and children have the opportunity to interact and play in a safe and supported environment. The emphasis is on encouraging parents to engage with their children in play, enrich the parent-child relationship and help parents build confidence.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Wednesday mornings during school terms Times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake 6207 8228</p>
<p>Multicultural Playgroup</p> <p>Aims to assist multicultural families (with children from birth to five years) from the 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</p> <p>Thursday mornings during school terms Times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake 6207 8228</p>
<p>Welcome to Tuggeranong</p> <p>For all families new to the Tuggeranong area to meet other families and find out about the range of services available in the community.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Dates and Times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake Worker Ph: 6207 8228</p>
<p>Triple P - Positive Parenting Program Tuggeranong</p> <p>A program that aims to strengthen relationships between dads, mums and their children in the Tuggeranong community. Learn and practice positive behaviour management strategies.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre May also be held at local primary schools</p> <p>Dates and times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p>Best Foot forward - Tuggeranong</p> <p>A four session course about guiding your young child's behaviour and day to day challenges for parents. The course aims to strengthen parent's skills in building better relationships with their children.</p>	<p>Venue, dates and times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p>Triple P - Positive Parenting Program West Belconnen</p> <p>A parenting group that aims to strengthen relationships between dads, mums and their children. Learn and practice positive behaviour management.</p>	<p>West Belconnen Child and Family Centre Cnr Starke and Luke St's, Holt</p> <p>Dates and times TBA</p>	<p>Free West Belconnen Child and Family Centre</p> <p>Intake Ph: 6205 2904</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Lifestyle Triple P A group for parents of children aged five to ten years who would like to improve their children's nutritional intake and physical activity. This program can help parents learn about healthy food choices for their kids. Groups are friendly and you can join in as much or as little as you want. You can choose ideas that might be helpful to your family and then try them out at home.</p>	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
<p>Best Foot forward A four session course about guiding your young child's behaviour and day to day challenges for parents.</p>	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
<p>Topical Talks Information sessions for groups of parents on topics such as: practical behaviour tips, toilet training, play to learn and dental health.</p>	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
<p>Relaxing into Parenting Canberra Mothercraft Society and CSD Child and Family Centres are conducting Relaxing into Parenting Program, involving five prenatal and two postnatal sessions. The sessions will assist expectant parents to: ease the adjustment of becoming parents and learn effective strategies to deal with the stressors in early parenting, strengthen relationships in the family at this time of major change and challenges, help new parents get to know their baby and feel more confident to respond to their needs in a sensitive and timely manner, create support networks and know where to get help when they need it.</p>	Venue, dates and times TBA	Free Tuggeranong Child and Family Centre Marian Dominick Ph: 6207 8229 Gungahlin Child and Family Centre Siobhan Tunks Ph: 6207 0120 West Belconnen Child and Family Centre Shona Chapman Ph: 6205 2904 Canberra Mothercraft Society Emma Baldock Ph:6205 2333
<p>Growing Healthy Families – Indigenous Parenting Support service The Child and Family Centre has a strong commitment to working with Aboriginal and Torres Strait Islander families. Come in for a yarn and find out what we offer.</p>	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
<p>Poppy Playgroup Parent's Opportunity to Participate in Play with their Young A supported playgroup where you can meet other parents and share experiences while having fun playing with your children. For mums and dads with mental health issues.</p>	Venue TBA Tuesdays 10 –11.30am	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904

Course Name/Description	Venue/Date/Time	Cost/Contact
Paint and Play – Florey A fun time for children under five and their mums, dads, or carers. Painting, puzzles, craft and music. Play with your child and meet other parents in your neighbourhood.	Florey Primary School, Ratcliffe Cres, Florey Fridays 9.15 – 10.30am	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Early Links to Learning Playgroup A playgroup that focuses on promoting early literacy and numeracy skills in a fun and age appropriate way.	Mt Rogers Primary School Alfred Hill Dr, Melba Tuesdays 9.15 – 10.30am	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Learn Giggle and Grow A facilitated playgroup for families who would not normally attend playgroup due to family stresses. The emphasis is on encouraging parents to engage with their children in play, enrich the parent-child relationship and help build parent confidence.	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Cool Kids A group for children six to twelve years, focusing on ways to manage anxiety.	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Seasons for Growth A group for children aged six to twelve years helping them understand change, loss and grief. It is suitable for children who have experienced: the death of a loved one, separation within the family, death of a pet or multiple changes in family or social environments.	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Stop Think Do A program to equip primary school children with skills and knowledge to enhance their social and emotional development. The program teaches children to: understand others' feelings, express their own feelings, stop and think before they act and make good decisions and choices.	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
Tween Moves A fun and creative dance class for eight to twelve year olds with special needs.	Canberra Dance Theatre Studio Childers St, next to the Street Theatre, City West Commences 18 Feb 10am – 10.50am Saturdays During school terms Start any time during the term	\$10 per class Canberra Dance Theatre Ph:0435 025 365 info@canberradancetheatre.org www.canberradancetheatre.org

Course Name/Description	Venue/Date/Time	Cost/Contact
Jumping Juniors Fun and creative dance class for five to seven year olds with special needs and their parents/carers.	Canberra Dance Theatre Studio Childers St, next to the Street Theatre, City West Commences 18 Feb 11 – 11.40am During school terms Start any time during the term	\$10 per class Canberra Dance Theatre Ph:0435 025 365 info@canberradancetheatre.org www.canberradancetheatre.org
Medical Termination Group A facilitated group for parents who have experienced a medical termination.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Monday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph: 6287 4255
General Support Group A facilitated group for parents who have experienced a loss of a pregnancy, baby or child.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 2 nd Monday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
Pregnancy After Loss Group A facilitated group for parents who have experienced a loss and now have a subsequent pregnancy.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Thursday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
Early Pregnancy Loss Group A facilitated group for parents who have experienced an early pregnancy loss(up to 20 weeks gestation).	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Thursday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
Multiples Birth Support Group A facilitated group for parents who have experienced a loss of a baby or babies in a multiple birth pregnancy. Please phone prior to attending.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley Dates and times TBA	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
Safe Sleep for Babies Learn how to sleep baby safely to avoid SIDS and fatal sleep accidents. Includes why back sleeping is safest, cots and mattresses, flat spots on baby's head and rolling over.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 1st wed of each month Check first during holidays.	Free SIDS & Kids ACT Ph:6287 4255 education@sidsandkidsact.org

YOUTH SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Youth Group An eight week program for 12 – 16 year olds, offering support to survivors of sexual abuse.</p>	<p>The Canberra Rape Crisis Centre Thursdays 3 May 4.30 – 6.30pm</p>	<p>Free Canberra Rape Crisis Centre Ph: 6247 2525</p>
<p>Messengers Youth Arts Program <i>Messengers</i> is a youth arts program for high school students recognised to be at-risk or disadvantaged. Artistic workshops provide participants with opportunities for creative expression and personal development through visual art, drama, dance, music and film-making.</p> <p>Participants work with artists (in the role of tutors) and members of their peer group to create work which is relevant to them. The program utilises artistic expression as a tool in building resilience in young people. We provide a creative, safe and inclusive environment for young people to explore contemporary youth issues. The participants have access to professional tutors, a youth worker, counsellor and youth mentor who encourage them to develop their creative, social and personal skills. The Comedy Program is run by a stand-up comedian.</p> <p>Referrals to the Messengers Program are generally made through school youth workers or youth support organisations but can be made privately.</p>	<p>Various locations across Canberra Dates and times TBA</p>	<p>Free Tuggeranong Arts Centre Ariel Ford Ph: 6293 2212 Mob: 0457 901 064 messengers@tuggeranongarts.com</p>
<p>Lanyon Youth Centre - Activities Drop in for activities, free pool, computer/internet access, information and referral and emergency relief.</p>	<p>MURA Lanyon Youth and Community Centre, Sidney Nolan St, Conder Mon - Thurs 3 – 6pm Fridays 3 – 9pm During school terms</p>	<p>YWCA Rolf Ph: 6294 4633</p>
<p>MURA Interactive Learning Centre MILC An eight week skill building workshop for young people looking to enter employment in office administration or wanting to increase their computer and communication skills. The workshop covers: Basic/Intermediate Word, Basic Excel, Basic PowerPoint, Microsoft Outlook, Resume Writing/Selection Criteria, Interview Skills/ How to make a lasting Impression. Free childcare available.</p>	<p>MURA Lanyon Youth and Community Centre, Sidney Nolan St, Conder Dates and times TBA</p>	<p>YWCA Claudia Ph: 6294 4633</p>
<p>The Ark A fun and educational after school program for high school and college students with a diagnosed disability.</p>	<p>Noah's Ark Resource Centre Bangalay Cres, Rivett Monday - Friday, 3 – 6pm During school terms</p>	<p>\$22 per session attracts CCB Jen Brennan Ph: 6287 1117</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
Barnardos Young Mum's Group A support group for young mothers and their children. Free lunch provided. Run by Schools as Communities and Barnardos.	SACC Centre Queanbeyan Primary School, Isabella St Wednesdays 12.30 – 2.30pm During school terms	Free Queanbeyan Barnardos Ph: 6124 3800 Schools as Communities Ph: 6297 2167
Act Playgroup for Parents 25 Years and Under. A social arena for parents and their young children to informally meet other young parents and their children. Morning tea provided.	Youth in the City level 1 Cnr Scotts Crossing and Cooyong St, Civic Dates and times TBA	Free Youth in the City Emma Ph: 6232 2411 youth@anglicarecg.org.au
STEPS Program The STEPS program aims to educate and support young pregnant and parenting women (13-25) to enhance their health and well-being. The program provides information and support through a series of weekly workshops on: Community and Social Connections, Health and Well-being, Positive Parenting and Healthy Relationships. STEPS can provide additional support through case management.	YMCA MURA Lanyon Youth and Community Centre Commencing 7 Feb Tuesdays 10.30am – 2pm Free lunch and childcare Transport provided on needs basis.	Free YWCA of Canberra Claudia – Mon -Thu Ph: 6294 4633 0417 459 297 claudia.lopez@ywca-canberra.org.au
Bungee Program - Recreational and Creative After School Classes Bungee is an inclusive, arts-based resilience program to enhance mental health and well-being in children and young people. We offer creative after school activities such as circus, dance, acting, expressive art, music, drum making, sculpting and jewellery making. The activities are specially tailored to suit children and young people experiencing mental health difficulties. We welcome all participants who would benefit from such activities. Bookings essential.	Belconnen Community Centre Chandler St, Belconnen Mon, Tue, Wed and Thur 4 – 6pm MURA Lanyon Youth Centre Tue and Thur 4 – 6pm Tuggeranong Child and Family Centre Classes for children with anxieties Thursdays 1.30 – 3pm Ongoing, please call for dates	\$30, \$20 concession per term (9 sessions) negotiable Bungee Program Susan Pfanner or Roger Webber Ph: 6264 0232 bungee@bcsact.com.au <u>u</u> www.bcsact.com.au
U-Turn – Individual Support U-Turn Youth Services supports young people aged twelve to twenty five years through information, referral, advocacy, emergency relief and case-management. U-Turn Youth Services has a team of qualified youth workers that can assist with a large range of issues. Appointments are not necessary so pop in today.	U-Turn Youth Services Cnr Chandler St & Swanson Crt, Belconnen Mon-Fri 10am – 6pm	FREE U-Turn Youth Services Ph: 6264 0260 uturn@bcsact.com.au www.bcsact.com.au

Course Name/Description	Venue/Date/Time	Cost/Contact
U-Turn Road Ready Course U-Turn runs a free Road Ready course for young people under twenty five years who are eligible to obtain their learner drivers licence. Runs for five consecutive Thursdays. Bookings essential.	U-Turn Youth Services Cnr Chandler St and Swanson Crt, Belconnen Dates TBA	Free U-Turn Youth Services Ph: 6264 0260 uturn@bcsact.com.au www.bcsact.com.au
U-Turn School Holiday Program A variety of special events during the school holidays. Activities include excursions to local attractions, competitions and games.	U-Turn Youth Services Cnr Chandler St and Swanson Crt, Belconnen Dates and times TBA During school holidays	Free activities excursions at reduced prices U-Turn Youth Services Ph: 6264 0260 uturn@bcsact.com.au www.bcsact.com.au
Bit Bent - Belconnen A social support group for same - sex - attracted young people aged twelve to twenty five years. The group is a great place to meet other young people and get support and information.	U-Turn Youth Services Cnr Chandler St and Swanson Crt, Belconnen Mondays 6 – 8pm (except for Public Holidays)	Free U-Turn Youth Services Ph: 6264 0260 bit_bent@hotmail.com
Certificate II in Access 10 An alternative Year 10 course which provides for the needs of learners by delivering accredited, flexible learning units with tutorial assistance from a teacher. The course provides a solid base in key subject areas and a range of learning opportunities for further study and training.	CIT Bruce Campus and Southside (Phillip) Campus Tuggeranong Learning Centre and Gungahlin Learning Centre Date and times TBA	General CIT fees Concessions available CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au
ACT Year 12 Provides for the needs of learners by: <ul style="list-style-type: none"> • building learning skills and confidence for work and further study, • achieving or improving a Year 12 Certificate, • gaining an ATAR for university entry or a start on a vocational pathway. 	CIT Bruce Campus Dates and times TBA	General CIT fees Concessions available CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au
CIT Vocational Year 12 A special Year 12 for young people who are motivated to begin training in their chosen career at the same time as achieving an ACT Year 12 Certificate.	CIT Campuses (primarily Bruce) Dates and times TBA	General CIT fees Concessions available CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au
CDTeens An energetic, fun and funky dance class for teenagers with special needs.	Canberra Dance Theatre Studio Childers St, next to the Street Theatre, City West Commences 18 Feb Saturdays 9am – 10am During school terms	\$10 per class discounts available Canberra Dance Theatre Ph: 0435 025 365 info@canberradancetheatre.org www.canberradancetheatre.org

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Tween Moves A fun and creative dance class for eight to twelve year olds with special needs.</p>	<p>Canberra Dance Theatre Studio Childers St, next to the Street Theatre, City West 10.10 – 10.50am Commencing 18 Feb Saturdays During school terms Start any time during the term</p>	<p>\$10 per class Canberra Dance Theatre Ph:0435 025 365 info@canberradancetheatre.org www.canberradancetheatre.org</p>

SENIOR'S SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
Growing Old Playfully For the over 50's and adults of any age with a disability. Growing Old Playfully will explore the link between sport and dance in a fun and creative way. Expressions of interest are sought.	Mpowerdome Cnr Isabella Dr & Coyne St, Fadden Classes to begin late January Dates and times TBA	\$14 for 1hr 20min weekly sessions Mpowerdome Ph: 6298 5500 www.mpowerdome.com.au
SMILE Program Smile – Seniors Multicultural Information and Learning Exchange for over 50's of any nationality. The group shares stories, recipes, talks, excursions and more.	Function Room Theo Notaras Multicultural Centre London Circuit Civic 1 st Saturday of each month 1.30pm – 4pm Starts February	Free for members Membership \$11 joining fee and \$11p.a. Ailsa Turrell Ph: 6296 4321 ailsat@netspeed.com.au
Share n' Care A group for women over 50 interested in social activities or having a chat and a laugh.	Isabella Plains Neighbourhood House 1 st and 3 rd Friday of each month 9am – 2pm	Minimal contribution Tuggeranong Link Ph: 6292 1604
Gentle Exercise Program This program aims to improve the general health and wellbeing of people over 45, but all are welcome.	Richardson Community House Fridays 11am – 12 noon Chisholm Community House Mondays 2 - 3.00pm	\$5 per session \$8 for couples Tuggeranong Link Ph: 6292 1604
Gentle Exercise Program This program aims to improve the fitness, strength and balance of people over 50 years. People from culturally and linguistically diverse backgrounds are encouraged to participate.	Gungahlin Community Resource Centre, 47 Ernest Cavanagh St, next to Library Mondays 10 – 11am	\$6 per class Gungahlin Regional Community Service Alison Ph: 6123 4422
Senior Centre Activities The range of activities and events includes Tai Chi, gentle exercise, line dancing, painting, porcelain, computer, craft class and more.	Canberra Seniors Centre 10 Watson St, Turner Monday - Friday 10am – 2.30pm	\$10 annual membership Canberra Seniors Centre Ph: 6248 9509 cseiors@bigpond.com www.canberraseniors.org.au
Lanyon Valley Seniors Group A drop in group for seniors in the Lanyon Valley. Meet and socialise in an informal setting. Regular coffee and chat, craft and card games.	MURA Lanyon Youth and Community Centre, Sidney Nolan St, Conder Mondays 10am – 12 noon	Gold coin donation YWCA Susan Foley Ph: 6294 4633
BEST Club Belconnen Energetic Seniors on a Tuesday - a fun, informative group for seniors – men and women. Activities include: guest speakers, outings, celebration of significant days, entertainment and gentle exercise.	West Belconnen Leagues Club, Hardwick Cres Tuesdays 10.30am – 1.30pm	\$3 Belconnen Community Service Sue Ayles Ph: 6264 0200

Course Name/Description	Venue/Date/Time	Cost/Contact
Positive Links A social support group for people who have survived a stroke or other life changing experience that has left them with a physical disability.	Meeting Room 2, Belconnen Community Centre Fridays 10am	\$3 - \$4 Belconnen Community Service Sue Ayles Ph: 6264 0200
Grand Jugglers Canberra Mothercraft Society and Warehouse Circus offer a circus skills program for children being parented by grandparents or children who are in foster or Kinship Care. Children must be eight years of age or over. Grand Jugglers is free to eligible families.	Warehouse Circus Chifley Health and Wellbeing Hub 1 Maclauren Cres, Chifley Dates and times TBA During school terms	Free Canberra Mothercraft Society Emma Ph: 6205 2333 Warehouse Circus Andy Ph: 6260 3626
Pelvic Floor Workshop Women of all ages who want to learn more about their pelvic floor muscles or who are experiencing problems with control of bladder, bowel control or a prolapse are invited to attend a two-part workshop presented by a physiotherapist from ACT Health.	Various Health Centres across the ACT Dates and times TBA	Free Bookings essential ACT Health - Continuing Care Phone to register leave name and contact number Ph: 6205 1396
Alzheimers Education The Dementia and Memory Community Centre holds monthly sessions on topics of interest to the public: Family carer sessions, Orientation to Dementia and Dementia Network - Professor Sube Banerjee. Morning or afternoon tea is provided.	Alzheimers Australia ACT 159 Maribyrnong Ave, Kaleen Dates and Times TBA Booking essential	Free Alzheimers Australia ACT Ph: 6255 0722
Every Friday Alzheimers Australia ACT in conjunction with the YMCA runs Tai Chi, relaxation and yoga classes. Includes afternoon tea.	Alzheimers Australia ACT 159 Maribyrnong Ave, Kaleen Dates and Times TBA Booking essential	Free Alzheimers Australia ACT Ph: 6255 0722
YMCA Physical Activity Physical activity programs for seniors.	25 locations in Canberra Mostly morning programs, some afternoon Ring for information	Up to \$6.50 Ph: 6281 0124 Or 6230 6224 Yfitness.can@ymca.org.au www.canberra.ymca.org.au
Beyond Blue Sessions for Seniors COTA (Council on the Ageing) ACT works in partnership with NPS – Better Health, Better Choices and Beyondblue: the National Depression Initiative, to deliver information sessions to seniors by seniors in Canberra.	At your venue Dates and times TBA	Free ACT COTA Community Education Manager Ph: 6282 3777 contact@cota-act.org.au

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Housing Options for over 50's If you are over fifty and need help with housing issues such as:</p> <ul style="list-style-type: none"> • Funding your housing; • Staying in your present home; • Ways to access equity; • Public and private options; • Community support; • Retirement villages and residential aged care; and • Rental options <p>Please call The Council of the Ageing</p>	<p>Venue TBA Anytime, book a place and time</p>	<p>Free ACT COTA Helen Taylor Ph: 6282 3777 contact@cota-act.org.au</p>
<p>Learning Circle Members (generally fifty years and over) get together over lunch or afternoon tea while enjoying intelligent conversation, mental stimulation and meeting new people.</p>	<p>Tuggeranong Community and Function Centre 245 Cowlshaw, Greenway Fridays 12.30 – 2.30pm</p>	<p>No cost Communities@Work Ph: 6293 6500 admin@commsatwork.org</p>
<p>Tuggeranong 55 Plus Club "Be Active, Feel Great" Exercise, trips, books, cards, board games, carpet bowls, socialising, etc.</p>	<p>Tuggeranong Community and Function Centre 245 Cowlshaw, Greenway Various dates and times</p>	<p>No cost Communities@Work Ph: 6293 6500 admin@commsatwork.org</p>

HEALTH INFORMATION & COMMUNITY SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Compass Group For family and friends dealing with someone else's drug and alcohol issues. COMPASS is a confidential and non-judgmental support group based on understanding, support and respect for the individual and the family. It provides an information session to help with strategies and give information on a wide range of relevant issues to do with dealing with a person and family affected by drug and alcohol issues.</p>	<p>Directions ACT 1 Bradley St, Woden (next to bus interchange)</p> <p>Every 2nd Wednesday 5.30 – 7.30pm</p> <p>Dinner provided</p>	<p>Free</p> <p>Directions ACT</p> <p>Bek Ph: 6122 8000</p>
<p>Maysoon An eight session course for women with alcohol and/or other drug issues who also have children. Sessions include: self esteem, goals, confidence and pampering. A healthy lunch and free onsite childcare is provided.</p>	<p>Directions ACT 1 Bradley St, Woden (next to bus interchange)</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Directions ACT</p> <p>Bec Davies Ph: 6122 8000</p>
<p>Smart Recovery Self-management and recovery training to manage any addiction. This course is made up of four key components: enhancing and maintaining motivation, coping with cravings, problem solving and lifestyle balance.</p>	<p>Directions ACT 1 Bradley St, Woden (next to bus interchange)</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Directions ACT</p> <p>Barry Ph: 6122 8000</p>
<p>Alzheimers Education The Dementia and Memory Community Centre holds monthly sessions on topics of interest to the public: Family carer sessions, Orientation to Dementia and Dementia Network - Professor Sube Banerjee. Morning or afternoon tea is provided.</p>	<p>Alzheimers Australia ACT 159 Maribyrnong Ave, Kaleen</p> <p>Dates and Times TBA</p> <p>Booking essential</p>	<p>Free</p> <p>Alzheimers Australia ACT</p> <p>Ph: 6255 0722</p>
<p>Every Friday Alzheimers Australia ACT in conjunction with the YMCA run Tai Chi, relaxation and yoga classes. Includes afternoon tea.</p>	<p>Alzheimers Australia ACT 159 Maribyrnong Ave, Kaleen</p> <p>Dates and Times TBA Booking essential</p>	<p>Free</p> <p>Alzheimers Australia ACT</p> <p>Ph: 6255 0722</p>
<p>DAFNE – Diabetes support A group self management program designed for adults with Type 1 Diabetes. DAFNE involves attending a 5 day training course. Book early as numbers are limited.</p>	<p>Venue TBA Mon – Fri 9am – 5pm</p>	<p>Free</p> <p>Diabetes ACT</p> <p>Ph: 6288 9830</p>
<p>Growing Herbs and Vegetables and Healthy Cooking on a Budget An eight week course for women.</p>	<p>Toora Day Refuge Dates and times TBA</p>	<p>Free</p> <p>Toora Day refuge Jo and Kristy Ph: 6247 2399</p>
<p>Yoga- for women An eight week course for beginners.</p>	<p>Toora Day Refuge Dates and times TBA</p>	<p>Free</p> <p>Toora Day refuge Jo and Kristy Ph: 6247 2399</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
Pilates – for women An eight week course for beginners.	Toora Day Refuge Dates and times TBA	Free Toora Day refuge Jo and Kristy Ph: 6247 2399
Indoor Soccer/Netball A six week fun course for women.	Toora Day Refuge Dates and times TBA	Free Toora Day refuge Jo and Kristy Ph: 6247 2399
Community Street Soccer Program Street Soccer uses sport to promote social inclusion for disadvantaged people. Women players are particularly welcome. It doesn't matter if you're new to the game and you don't have to be mega fit. Just come and kick some goals for yourself.	Venue dates and times TBA	Free The Big Issue Julie Mob: 0450 206 979
Liver Health and Wellness Group For people living with hepatitis. This group provides confidential support, information and understanding.	ACT Hepatitis Resource Centre 36 David St, Turner Dates and times TBA	Free ACT Hepatitis Resource Centre Robyn or Susan Ph: 6230 6344
Smoking Cessation Course A course run in eight, one hour sessions, to assist smokers trying to give up. The course aims to: provide knowledge of quitting methods and products, provide support and resources to develop a quit plan, reduce fear and anxiety about quitting and provide further information and support to stay quit. Course materials provided.	We come to your organisation/venue Dates and times to be negotiated based on your preference	Cost is negotiable Cancer Council ACT Bernadette Urack Ph: 6257 9999 bernadetteurack@actcancer.org
YMCA Mums and Bubs Fitness Class Specialised fitness program to help mums get into shape with no extra childcare cost. Breastfeeding mums are welcome.	YMCA Chifley Health & Fitness Centre, Cnr Eggleston & Maclaurin Cres, Chifley Fridays 10.45 – 11.45am	Casual visits or membership options available YMCA of Canberra Ph: 6281 0124 Yfitness.can@ymca.org.au www.canberra.ymca.org.au
YMCA Weight Loss for Women A twelve week weight loss program including personal training, lifestyle coaching and an eating plan.	YMCA Chifley Health & Fitness Centre, Cnr Eggleston & Maclaurin Cres, Chifley Commences 13 Feb Dates and times TBA	Membership options available YMCA of Canberra Ph: 6281 0124 Yfitness.can@ymca.org.au www.canberra.ymca.org.au
YMCA Group Fitness Classes and Gym Classes to suit everyone. Body Balance, Body Pump, Chi Ball, Fit Ball, Tai chi, Stretch, Boxing, Mums N Bubs, Ever Active, Y's Aerobics. Gym suitable for all abilities.	YMCA Chifley Health & Fitness Centre, Cnr Eggleston & Maclaurin Cres, Chifley Weekdays 6am – 8pm Saturdays 7am – 12 noon	Casual visits or membership options available YMCA of Canberra Ph: 6281 0124 Yfitness.can@ymca.org.au www.canberra.ymca.org.au

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Females in Training (FIT)</p> <p>'Find Thirty' Tour de Femme Training Program</p> <p>'Find Thirty' Tour de Femme</p> <p>'Find Thirty' Women's Triathlon Training Program</p> <p>'Find thirty' Women and Girls Triathlon</p> <p>FIT regular Walk to Run programs</p> <p>FIT also hold a variety of events. Come and try kayaking, water running and nutrition seminars.</p>	<p>Venues dates and times TBA</p> <p>See website for details</p>	<p>Membership \$40</p> <p>Cost for some programs</p> <p>See website for details</p> <p>Females in Training</p> <p>www.fitact.org.au</p>
<p>Aerobics - Low Impact</p> <p>This is a fun, low impact class, starting with warm up, then conditioning track, followed with abs and finishing with some stretching.</p>	<p>Belconnen Community Centre</p> <p>Mondays 10.15 – 11.15am</p>	<p>\$8.50</p> <p>\$6.50 concession</p> <p>Discount cards available</p> <p>Belconnen Community Centre</p> <p>Cecelia</p> <p>Ph: 6264 0232</p>
<p>Mature Fitness</p> <p>Intended for the more mature person. The Swiss Ball is used, along with hand weights and other gym equipment, resulting in better balance, coordination and strength.</p>	<p>Belconnen Community Centre</p> <p>Mon, Wed, Fri</p> <p>11.30am – 12.30pm</p>	<p>\$8.50</p> <p>\$6.50 concession</p> <p>Discount cards available</p> <p>Belconnen Community Centre</p> <p>Cecelia</p> <p>Ph: 6264 0232</p>
<p>Mature Weights</p> <p>This class is done to music and is aimed at toning the muscles, strengthening the bones, increasing the body's metabolism and burning unwanted fat. Please arrive fifteen minutes before class for setup and briefing</p>	<p>Belconnen Community Centre</p> <p>Tues and Thurs</p> <p>11.30am – 12.30pm</p>	<p>\$8.50</p> <p>\$6.50 concession</p> <p>Discount cards available</p> <p>Belconnen Community Centre</p> <p>Cecelia</p> <p>Ph: 6264 0232</p>
<p>Stretch and Flex</p> <p>This class incorporates gentle stretching movements and the Swiss Ball to stretch out tired, stiff muscles and improve flexibility.</p>	<p>Belconnen Community Centre</p> <p>Thursdays</p> <p>12.30 – 1.30pm</p>	<p>\$8.50</p> <p>\$6.50 concession</p> <p>Discount cards available</p> <p>Belconnen Community Centre</p> <p>Cecelia</p> <p>Ph: 6264 0232</p>
<p>Aerobics - Circuit</p> <p>A 1 hour class, starting with fifteen to twenty mins of aerobics followed by forty mins of circuit, abdominals and stretching. A non-stop cardio and muscle toning program.</p>	<p>Belconnen Community Centre</p> <p>Mondays</p> <p>12.30 – 1.30pm</p>	<p>\$8.50</p> <p>\$6.50 concession</p> <p>Discount cards available</p> <p>Belconnen Community Centre</p> <p>Cecelia</p> <p>Ph: 6264 0232</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
Swiss Ball A class aimed at strengthening the core muscles. Through exercise and the use of weights you are given a balanced overall body workout leaving you feeling stronger inside and out.	Belconnen Community Centre Tuesdays 12.30 – 1.30pm	\$8.50 \$6.50 concession Discount cards available Belconnen Community Centre Cecelia Ph: 6264 0232
Weights Plus Not aimed at a specific group. This class is done to music and is aimed at toning the muscles, strengthening the bones, increasing the body's metabolism and burning unwanted fat.	Belconnen Community Centre Wed and Fri 12.30 – 1.30pm	\$8.50 \$6.50 concession Discount cards available Belconnen Community Centre Cecelia Ph: 6264 0232
Social Badminton Come and enjoy a morning of social badminton. It's a chance to have a challenging or relaxed game while improving your technique and making friends.	Belconnen Community Centre Mon, Wed and Fri 10.15am-12.15pm	\$4 \$3 concession Discount cards available Belconnen Community Centre Cecelia Ph: 6264 0232
Women's Health Sessions Interactive sessions for women's groups about breast and cervical cancer awareness and early detection.	Monday - Friday Phone or email to book a session at your venue	Free Breast Screening Program Ph: 6205 4444 Breastscreen@act.gov.au
Pap Tests - Do I Need Them? Interactive sessions about Pap tests and cervical cancer awareness for women of all ages. Phone to book a session.	Monday - Friday Phone or email to book a session at your venue	Free ACT Pap Screening Program Ph: 6205 3344
Breast Cancer - Do I need to worry? Interactive workshops for women of all ages. Latest information and resources about breast awareness and early detection of breast cancer.	Monday - Friday Phone or email to book a session at your venue	Free BreastScreen ACT and SE NSW Ph: 6205 4444 Breastscreen@act.gov.au
Bosom Buddies Bosom Buddies invites women who have been diagnosed or are receiving treatment for breast cancer to discover friendship and fun with others at our morning teas and evening get-togethers. No need to book just turn up. Bosom Buddies is a support organisation for women newly diagnosed with breast cancer assisting them on their journey by using a buddy system. It provides social and fun activities as well as ongoing support and information sharing for members and their guests.	Evening Get-togethers Tilley's Devine Café Gallery Wattle St, Lyneham 18 Jan, 15 Feb, 21 Mar, 18 Apr, 16 May, 20 Jun 5.30 – 6.30pm Morning Tea Get-togethers The Chocolate Olive Café 2/22 Colbee Court, Phillip 9 Jan, 13 Feb, 13, Mar, 10 Apr, 14 May, 12 Jun, 9.30 – 10.30am	Free Bosom Buddies Kate Ph: 6290 1984 or 0406 376 500 www.bosombuddies.com.au

Course Name/Description	Venue/Date/Time	Cost/Contact
Darryl's Den An activity and a living skills, social therapy group for people with a disability.	80 Beaufort Cres, Holt Mon, Tues, Thur and Fri 9am – 4pm	\$10 per day National Brain Injury Foundation Julie Ph: 6254 2004
RSI and Overuse Injury Information Information sessions on managing and treating overuse injuries, including referrals to helpful therapists, GPs and lawyers. Advice on safe computing, including voice operated computing also offered.	2 nd Floor Griffin Centre, 20 Genge St Canberra, City Mondays and Thursdays 10am – 3pm	Free RSI and Overuse Injury Association of the ACT Ph: 6262 5011 www.rsi.org.au
Gentle Exercise Program This program aims to improve the general health and wellbeing of people over forty five, but all are welcome.	Richardson Community House Fridays 11am - 12 noon Chisholm Community House Mondays 2 – 3pm	\$5 (Individual) per session \$8 for couples Tuggeranong Link Ph: 6292 1604
Pelvic Floor Workshop Women of all ages who want to learn more about their pelvic floor muscles or who experience problems with control of bladder, bowel control or a prolapse are invited to attend a two - part workshop presented by a physiotherapist from ACT Health.	Various Health Centres across the ACT Dates and times TBA	Free Bookings essential ACT Health - Continuing Care Phone to register leave name and contact number Ph: 6205 1396
Mindfulness and families group A skills-based 5 week program for families, friends and carers of people with substance use issues designed to manage stress and facilitate healthier relationships with loved ones.	Training Room 2 Level 1, 1 Moore St Canberra City Dates and times TBA	Free ACT Health Alcohol and Drug Program Ph: 6205 4515
Advanced Mindfulness Advanced Mindfulness is a weekly practice session for participants who have completed the five week Mindfulness, Meditation and Stress Management Group. It provides regular practice of longer meditations from thirty minutes to an hour duration and the opportunity to connect with other participants.	Training Room 2 Level 1, 1 Moore St Canberra City Dates and times TBA	Free ACT Health Alcohol and Drug Program Ph: 6205 4515
Mindfulness Meditation and Stress Management A five week group program designed for individuals with, or caring for someone with alcohol and other drug issues who want to learn: meditation and other mindfulness techniques; how to identify and let go of unhelpful thoughts, feelings, sensations and urges; and how to better manage stress and uncomfortable emotions.	Training Room 2 Level 1, 1 Moore St Canberra City Dates and times TBA	Free ACT Health Alcohol and Drug Program Ph: 6205 4515
Effective Weed Control A four hour program over two weeks for cannabis users wanting information or who want to change their cannabis use.	Training Room 2 Level 1, 1 Moore St Canberra City Dates and times TBA	Free ACT Health Alcohol and Drug Program Ph: 6205 4515

Course Name/Description	Venue/Date/Time	Cost/Contact
Relapse Prevention An ongoing, closed group for adults with alcohol and other drug issues, who wish to develop and maintain healthier lifestyles. Requires a minimum of six weeks attendance	Training Room 2 Level 1, 1 Moore St Canberra City Dates and times TBA	Free ACT Health Alcohol and Drug Program Ph: 6205 4515
Controlling Your Drinking A four hour program over two weeks designed to help people assess their alcohol use and possible barriers that prevent them from reducing their use.	Training Room 2 Level 1, 1 Moore St Canberra City Dates and times TBA	Free ACT Health Alcohol and Drug Program Ph: 6205 4515
SoSAFE! Training Provides an introduction for parents and carers to the SoSAFE set of visual tools to teach social safety and relationships to people with moderate to severe intellectual disability, and Autism Spectrum Disorder.	Venue, date and time TBA Please check website	\$255 includes SoSAFE! Manual Sexual Health and Family Planning Disability Team Ph: 6247 3077 www.shfpact.org.au
Walking Groups Heart Support ACT Two walking programs in a friendly atmosphere for patients to improve their general fitness particularly after trauma such as heart event, stroke, etc.	Alfred Deakin High Gym Tues, Wed, Thurs 8 - 9am During school terms	Gold coin donation Heart Support ACT L Hartshorn Ph: 6282 4826
Heart Foundation Heart Moves Classes A low to moderate intensity group exercise program. Suitable for people who are starting out or getting back into exercise as well as people with a stable chronic disease such as heart disease and diabetes. Supported by ACT Health.	Venues, dates and times TBA	\$6 to \$11 per session depending on location Heart Foundation Dianne Ph: 6269 2658
Living a Healthy Life with Long-Term Conditions A six week, two and a half hours per week course. The course covers: managing your symptoms including tiredness and pain, dealing with emotions, communicating with health professionals, adopting a lifestyle that prevents complications, action planning, problem solving and peer support.	Shout Office Bld 1 Community Centre Collett St, Pearce Fridays 24 Feb, 2 , 9, 16 and 30 Mar 12noon – 2.30pm	Free Arthritis and Osteoporosis ACT Ph: 6288 4244 info@arthritisact.org.au
Challenging Pain Workshop Are you living with long term pain? The workshop aims to provide you with easy skills and techniques to manage your pain effectively. Run over two days, two and a half hours per day.	Grnd Fl Conference Room Grant Cameron Community Centre, 27 Mulley St, Holder 21 and 28 Mar or 22 and 29 May 9.30am – 12.30pm	\$15 member \$25 non member Arthritis and Osteoporosis ACT Ph: 6288 4244 info@arthritisact.org.au
Arthritis Support Group Monthly support group for Arthritis sufferers.	Hellenic Club, Phillip Monthly 1 st Monday 10.30am – 12 noon	Free Arthritis and Osteoporosis ACT 6288 4244 info@arthritisact.org.au

Course Name/Description	Venue/Date/Time	Cost/Contact
Rheumatoid Arthritis/Sjogrens' Syndrome Interest Group Monthly interest group covering information about Rheumatoid Arthritis and Sjorens' syndrome.	Hellenic Club, Phillip Monthly 2 nd Thursday 10.30am – 12 noon	Free Arthritis and Osteoporosis ACT Ph:6288 4244 info@arthritissact.org.au
Arthritis ACT Young Adults Interest Group Monthly interest group for young adults with Arthritis.	Various Venues Monthly 2 nd Saturday 12 noon – 2pm	Free Arthritis and Osteoporosis ACT Ph:6288 4244 Tara Ph:0403 285 245 info@arthritissact.org.au
Living a Healthy Life with Long-Term Conditions A six week, two and a half hours per week course for people/carers with a chronic or long term condition. Learn strategies to manage your condition.	Venues dates and times TBA	Free ACT Community Health Intake Ph: 6207 9977
ACT Walking for Pleasure Inc Conducts group walks in Canberra and surrounding areas. Produces a quarterly newsletter.	Various locations Tuesday - Friday and Sunday 8.15am in Summer 9.15am in Winter	\$20 p/year \$10 p/year for partner ACT Walking For Pleasure Ph: 1300 799 719
Free Lunch on Mondays Regular free lunch in a friendly and supportive community centre. Open for low income earners and government housing tenants from Canberra's inner north. Recreational activity available for all ages. Just drop in.	Northbourne Community Centre Access from Forbes St Block 5, Northbourne Flats Northbourne Ave, Turner (From Civic: Northbourne Ave, 1 st bus stop on L past Haig Park pine trees) Mondays 12 noon – 4pm Closed Public Holidays	Free St Philip's Care St Philip's Anglican Church O'Connor Ph: 6161 7334
Tuggeranong Community Lunches Come together in the church building for a free lunch and a warm place for conversation and care. Food supplied through Ozharvest.	Tuggeranong Baptist Church, Jenke Cct, Kambah Thursdays 12.30pm	No cost Tuggeranong Baptist Church 6296 1587
Beautiful Me A two-day group exploring women's journeys with body image, looking at culture, self-esteem and more.	Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City Dates and times TBA Bookings essential	Free WIREDD Ph: 6248 8600
Family Of Origin A two-day group for women to do some personal work on family of origin issues, with a focus on growing up in a dysfunctional family.	Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City Dates and times TBA Bookings essential	Free WIREDD Ph: 6248 8600

Course Name/Description	Venue/Date/Time	Cost/Contact
Women's Relapse Prevention Group A seven-week group providing practical strategies and offering topics like: self-esteem, stress and anger management, support systems, body image, relationships and more. Women can join the group at any stage in the seven-week cycle. Lunch provided.	Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City Tuesdays 10.30am – 12.30pm No bookings required	Free WIREDD Ph: 6248 8600
Walk and Talk Group - Gungahlin A walking group for everyone. Suitable for all abilities. The group meets weekly. After the walk the group have a chat over a cup of coffee.	Venue dates and times TBA Thursdays 9.30am During school terms Ring for Term Program	Free Gungahlin Regional Community Service Alison Ph: 6123 4422
Gentle Exercise Program This program aims to improve the fitness, strength and balance of people over 50 years. People from culturally and linguistically diverse backgrounds are encouraged to participate.	Gungahlin Community Resource Centre, 47 Ernest Cavanagh St, next to Library Mondays 10 – 11am	\$6 per class Gungahlin Regional Community Service Alison Ph: 6123 4422
Healthy, Body Healthy Mind Gentle Exercise Class for Women with a Mental Illness Gentle exercises which follow on from the Leisure Program Women's Group.	Belconnen Community Centre Chandler St, Belconnen Mondays 1.45 – 2.45pm	Free Light lunch provided Belconnen Community Centre John or Sally Ph: 6264 0232
GROW Small group weekly meetings providing mutual self help for anyone who has experienced depression, anxiety or other mental or emotional distress.	Venues, dates and times TBA	Free GROW ACT Kristen Ph: 6295 7791 1800 558 268 www.grow.net.au act@grow.net.au
Positive Links A social support group for people who have survived a stroke or other life changing experience that has left them with a physical disability.	Meeting Room 2, Belconnen Community Centre Fridays 10am	\$3 - \$4 Belconnen Community Service Sue Aylen Ph: 6264 0200
BEST Club Belconnen Energetic Seniors on a Tuesday – a fun, informative group for seniors; men and women. Activities include: guest speakers, outings, celebration of significant days, entertainment and gentle exercise.	West Belconnen Leagues Club, Hardwick Cres Tuesdays 10.30am – 1.30pm	\$3 Belconnen Community Service Sue Aylen Ph: 6264 0200
Spanish Carer's Social Group 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.	Tuggeranong Library Community Room Fortnightly on Wednesdays 10.30am – 1pm	Free Mental Health Foundation Kate Ringe Ph: 6247 1936

MEN'S INFORMATION & SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
Tuggeranong Men's Shed A relaxed and creative space for all men to enjoy. Learn and share skills in light woodwork and maintenance.	Tuggeranong Sea Scouts Hall, Mortimer Lewis Dr, Greenway	Gold Coin donation Communities@Work Ph:6126 9000
Gungahlin Men's Shed A social woodworking group for men.	Ngunnawal Neighbourhood centre Fridays 10am – 12noon	Gungahlin Regional Community Service Alison Ph: 6123 4422
Anger Management for Men This program is designed for men who wish to explore new and positive strategies for dealing with anger in their lives and relationships. The program brings participants together to discuss issues of mutual concern, specifically anger, hostility and aggression, and assist participants in gaining an understanding of the ideas that restrict the possibility for change.	Relationships Australia, 15 Napier Close, Deakin 21 February Times TBA Bookings essential	\$30 Relationships Australia Ph: 6122 7100 enquiries@car.relationships.com.au
Introduction to Anger Management A four session group to help dads understand and work with their anger and emotion non-aggressively.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Wednesdays 1 Jan – 8 Feb 6 – 9pm Dinner provided Bookings essential	\$40 \$20 concession Marymead Child and Family Centre Terry Norman Ph: 6162 5851
Being a Dad A five session group which addresses the important question of what it means to be a dad and how to best fulfil the many roles this implies.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Thursdays 2 Feb – 1 Mar 6 – 9pm Dinner provided Bookings essential	\$40 \$20 concession Marymead Child and Family Centre Terry Norman Ph: 6162 5851
Being a Separated Dad Meet other dads who understand your situation and together discover skills to look after your children's needs as well as your own.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Wednesdays 14 Mar – 4 Apr 6 – 9pm Dinner provided Bookings essential	\$40 \$20 concession Marymead Child and Family Centre Terry Norman Ph: 6162 5851
Parenting for Positive Behaviours For Dads A four session group for dads to explore the methods of encouraging good behaviour in children and to respond sensitively and appropriately to undesirable behaviour.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Tuesdays 19 Jun – 10 Jul 6 – 9pm Dinner included Bookings essential	\$40 \$20 concession Marymead Child and Family Centre Terry Norman Ph: 6162 5851

Course Name/Description	Venue/Date/Time	Cost/Contact
Accepting and Valuing Strong Emotions A group to help dads acknowledge and explore their primary emotions, including anger.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Tuesdays 6 – 27 March 6 – 9pm Dinner provided Bookings essential	\$40 \$20 concession Marymead Child and Family Centre Terry Norman Ph: 6162 5851
Strong Emotions and Family Relationships A four -session group for dads wanting to use their strong emotions to build resilient and healthy relationships with children, partners and ex-partners.	Venue TBA Thursdays 3 – 24 April 6 – 9pm Or Wednesdays 2 – 23 May 6 – 9pm Dinner provided Bookings essential	\$40 \$20 concession Marymead Child and Family Centre Terry Norman Ph: 6162 5851
Managing Anger and Other Emotions A four session group to help dads understand and work with their anger emotion non-aggressively.	Marymead Child and Family Centre 255 Goyder St, Narrabundah Thursdays 7 – 28 June 6 – 9pm Dinner provided Bookings essential	\$40 \$20 concession Marymead Child and Family Centre Terry Norman Ph: 6162 5851
Richardson Men's Drop-In For anyone who wants to come along for a cuppa, a chat and activities. There is computer access and support for those who would like to learn.	Richardson Community House Monday and Wednesday 2 - 4pm	Tuggeranong Link Ph: 6292 1604
Prostectomy Education Sessions ACT Health offers education and support for clients and their partners pre and post prostectomy surgery. Topics discussed include: pelvic floor management, continence and sexual issues and after surgery continence management.	Continence Promotion Centre 2nd Floor ACT Health Building 1 Moore, Canberra City 1 st and 3 rd Mondays of the month 3 – 5pm	Free Community Health Intake 6207 9977

MIGRANT INFORMATION & SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>The CALD (Culturally and Linguistically Diverse) Women's Four Seasonal Series</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>Carers ACT CALD Program</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>Multicultural Aged Care Seminar Series</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>ACTHealthCPP@act.gov.au</p>
<p>Gungahlin English Conversation Classes</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>English for Employment, Study and Life Certificates 1 - 4.</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 cit.vocational.college@cit.act.edu.au</p>
<p>Certificate IV in Spoken and Written English</p> <p>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.</p>	<p>CIT Campus, Reid</p> <p>Dates and times TBA</p>	<p>General CIT fees apply</p> <p>Concessions available CIT Vocational College Ph: 6207 4800 cit.vocational.college@cit.act.edu.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
Evening English Classes 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 cit.vocational.college@cit.act.edu.au
Adult Migrant English Program - AMEP 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 cit.vocational.college@cit.act.edu.au
AMEP ACT Home Tutor Scheme 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 cit.vocational.college@cit.act.edu.au
Learning Filipino Together 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 st Child \$105 2 nd \$95 3 rd \$85 4 th Child Free Canberra Filipino Families for Bilingualism Ph: 0450 263 468 www.canberra-filipino.weebly.com canberra.filipino@gmail.com
Advanced Academic English (IELTS) 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
Occasional Activities Workshops in conjunction with other agencies in Queanbeyan on topics such as: diabetes, mental health, cooking, women's health and elections. Bus Trips: e.g. Young to pick cherries, Seniors Week trip planned, plus more.	Queanbeyan Multilingual Centre, 12 Rutledge St, Queanbeyan Various times and dates Phone for information	Free Small fee for bus trips Queanbeyan Multilingual Centre Ph: 6297 6110
IELTS Support Group - International English Language Testing System An informal group designed to help people to prepare for the IELTS.	Civic Library Saturdays 10.30am – 12.30pm	Free ACT Public Library Ph: 6205 9000 Library.customerinfo@act.gov.au

Course Name/Description	Venue/Date/Time	Cost/Contact
Spanish Carer's Social Group 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.	Tuggeranong Library Community Room Fortnightly on Wednesdays 10.30am – 1pm	Free Mental Health Foundation Kate Ringe Ph: 6247 1936
Atfaal Playgroup 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	Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin Tuesday mornings 10am – 12noon during school terms	Free Gungahlin Child and Family Centre Intake Ph: 6207 0120
Multicultural Playgroup 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.	Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre Thursday mornings during school terms Times TBA	Free Tuggeranong Child and Family Centre Intake 6207 8228
SMILE – Program Smile- Seniors Multicultural Information and Learning Exchange for over 50's of any nationality. The group shares stories, recipes, talks, excursions and more.	Function Room Theo Notaras Multicultural Centre London Circuit, Civic 1 st Saturday of each month 1.30-4pm Starts February	Free for members Membership \$11 Joining fee and \$11 p.a. Alisa Turrell Ph: 6296 4321

EDUCATION & TRAINING

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Thinking Thursdays</p> <p>Lunchtime information sessions for women in paid employment. Presented by professional guest speakers, providing information and basic strategies on current issues affecting women's lives. Topics include: communication skills in the work place, self esteem and assertiveness, managing life /work responsibilities, health and wellbeing, goal setting and more.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Usually 3rd Thursday of the month 12.30pm – 1.30pm</p> <p>23 Feb, 29 Mar, 26 Apr, 24 May and 28 June</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076</p> <p>wirc@act.gov.au www.women.act.gov.au Ring for bookings and further information</p>
<p>Relationship Separation Information Sessions</p> <p>A joint project between Women's Legal Centre and WIRC. This session is designed for women facing the process of separation. Topics presented will be on general Family Law issues. Referrals for individual issues can be given after the session.</p>	<p>Venue and dates TBA</p> <p>1.00 – 2.00pm 1 – 1.30pm – Property Settlement 1.30 – 2pm – Children's matters</p> <p>Bookings essential</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 wirc@act.gov.au www.women.act.gov.au</p>
<p>Career Information Sessions</p> <p>A series of four consecutive information sessions conducted by professional facilitators. The sessions include: "Getting Yourself Ready for the Workforce" - bridging the out of work gap, "Getting the Skills for the Job" - training and work opportunities, "Getting the Job" - career objectives and resume writing and "Preparing for interview and Interview skills". The workshops are presented as a package and women are encouraged to attend all four.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Dates & Times TBA</p>	<p>Free</p> <p>Bookings essential Women's Return to Work Grants at Women's Information and Referral Centre</p> <p>Return to Work Coordinator Ph: 6205 2885 rtw@act.gov.au www.women.act.gov.au</p>
<p>Certificate IV in Breastfeeding Education</p> <p>The Australian Breastfeeding Association is a registered training organisation that offers breastfeeding education training (counselling or community education streams). Certificate IV qualified volunteers can also access training and assessment qualifications. Supported by the ACT Government.</p>	<p>Venues dates and times TBA</p> <p>Via distance learning with local study group support and some face to face training</p>	<p>Free to ABA subscribers.</p> <p>Australian Breastfeeding Association ACT / SNSW Ph: 02 6162 2716</p>
<p>Certificate II in Access 10</p> <p>An alternative Year 10 course which provides for the needs of learners by delivering accredited, flexible learning units with tutorial assistance from a teacher. The course provides a solid base in key subject areas and a range of learning opportunities for further study and training.</p>	<p>CIT Bruce Campus and Southside (Phillip) Campus Tuggeranong Learning Centre and Gungahlin Learning Centre</p> <p>Date and times TBA</p>	<p>General CIT fees Concessions available</p> <p>CIT Vocational College</p> <p>Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
ACT Year 12 Provides for the needs of learners by: <ul style="list-style-type: none"> • building learning skills and confidence for work and further study, • achieving or improving a Year 12 Certificate, • gaining an ATAR for university entry or a start on a vocational pathway. 	CIT Bruce Campus Dates and times TBA	General CIT fees Concessions available CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au
CIT Vocational Year 12 A special Year 12 for young people who are motivated to begin training in their chosen career at the same time as achieving an ACT Year 12 Certificate.	CIT Campuses (primarily Bruce) Dates and times TBA	General CIT fees Concessions available CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au
Return to Work Courses for Women A fifteen week course, nine hours per week during school hours. Topics include: writing and maths for work, computing skills, job seeking strategies, resume, selection criteria, interview techniques and a work experience placement.	CIT Southside Campus and Bruce Campus - depending on demand Two intakes per year Feb and Aug	Approx \$37 per semester CIT Vocational College Ph: 6207 4800 Cit.vocational.college@cit.act.edu.au
Language Literacy and Numeracy Program (LLNP) For jobseekers registered with Centrelink who need to improve their English, literacy, numeracy and computer skills to help them gain employment. This is a DEEWR funded program. Contact your nearest Centrelink office to be referred.	CIT Campus, Bruce and Southside Mon - Fri 9.30am – 2pm Ongoing assessments and enrolment. Clients must be referred by their Centrelink Officer	Free CIT Vocational College Ph: 6207 4800 cit.vocational.college@cit.act.edu.au
English for Employment, Study and Life Certificates 1 - 4 English for Migrants. Four mornings per week. Available full time or part time. Ring or email for information and requirements for enrolment.	CIT Campus, Reid Gungahlin Learning Centre (intermediate level) Dates and times TBA	General CIT fees apply Concessions available CIT Vocational College Ph: 6207 4800 cit.vocational.college@cit.act.edu.au
Certificate IV in Spoken and Written English 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 cit.vocational.college@cit.act.edu.au

Course Name/Description	Venue/Date/Time	Cost/Contact
Evening English Classes 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 cit.vocational.college@cit.act.edu.au
Adult Migrant English Program - AMEP 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 cit.vocational.college@cit.act.edu.au
AMEP ACT Home Tutor Scheme 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 1 – 1 ½ hours per week Dates and times TBA	AMEP, CIT Vocational College Home Tutor Scheme Ph: 6207 4800 cit.vocational.college@cit.act.edu.au
Barnardos Mentoring and Tutoring Program - Training This program matches children aged 6 -16 with volunteer mentors for friendship and/or educational activities. Volunteers receive initial and ongoing training and support. Requires a 12 month commitment involving 3 - 5 hrs per week friendship and 1 - 2 hrs per week mentoring/tutoring.	Barnardos Queanbeyan 24 Thornton Rd Queanbeyan and Barnardos Canberra 2 Atherton St Downer Dates and times TBA	Free training Barnardos Queanbeyan Ph: 6124 3800 kfqbyn@barnardos.org.au Barnardos Canberra Ph: 6228 9500
Red Cross Volunteer Training By Volunteering with the Red Cross you can help the most vulnerable in the ACT and SE NSW communities. Ongoing support, training and development are provided to all our volunteers.	Venue dates and times TBA	Free training Red Cross Volunteer Management Unit Ph: 6234 7634 www.redcross.org.au
A Decent Proposal How to sell your book to an Australian publisher with Rhonda Whitton. Learn how create a convincing book proposal package that's concise and professional. Price includes a copy of Rhonda's book A Decent Proposal.	ACT Writers Centre Workshop Room, Gorman House, 55 Ainslie Ave, Braddon Sunday 5 February 10am - 4pm	Members \$130 Concessions \$120 Non members \$190 (includes 12 months membership) ACT Writers Centre Ph:6262 9191 www.actwriters.org.au
A Decent Proposal for NESB Writers How to sell your book to an Australian publisher (for NESB writers) with Rhonda Whitton. A Getting Published workshop for people with English as a second language. This workshop has limited space.	Belconnen Arts Centre, 118 Emu Bank, Belconnen Saturday 4 February 10am - 5pm	Free ACT Writers Centre Ph:6262 9191 www.actwriters.org.au

Course Name/Description	Venue/Date/Time	Cost/Contact
Editing Your Own Fiction and Non - Fiction Learn why, when and how to edit your writing. With Anna Beth McCormack.	ACT Writers Centre Workshop Room, Gorman House, 55 Ainslie Ave, Braddon Saturday 11 February 10am - 4pm	Members \$100 Concessions \$90 Non members \$160 (includes 12 months membership) ACT Writers Centre Ph:6262 9191 www.actwriters.org.au
Going Solo Crafting a comic monologue with Harry Laing. This workshop focuses on how to craft a comic monologue.	ACT Writers Centre Workshop Room, Gorman House, 55 Ainslie Ave, Braddon Sunday 4 March 10am - 2pm	Members \$72 Concessions \$64 Non members \$102 (includes 6 months membership) ACT Writers Centre Ph:6262 9191 www.actwriters.org.au
Creative Non - Fiction What is it? Why write it? With Kim Mahood. This two-day workshop is designed to invigorate all forms of non-fiction writing.	ACT Writers Centre Workshop Room, Gorman House, 55 Ainslie Ave, Braddon Saturday 31 and Sunday 1 April 10am - 4pm	Members \$192 Concessions \$168 Non members \$252 (includes 12 months membership) ACT Writers Centre Ph:6262 9191 www.actwriters.org.au
Book Marketing and Self – Promotion This workshop tackles the issues of marketing your work, self-promotion and brand development, as either an author or illustrator. With Tania McCartney.	ACT Writers Centre Workshop Room, Gorman House, 55 Ainslie Ave, Braddon 5 May 10am-1pm Saturday.	Members \$72 Concessions \$64 Non members \$102 (includes 6 months membership) ACT Writers Centre Ph:6262 9191 www.actwriters.org.au
Writing Short Stories for Publication Targeted at new to intermediate short story writers, this workshop aims to teach participants about structure and elements of short stories. With Ian McHugh.	ACT Writers Centre Workshop Room, Gorman House, 55 Ainslie Ave, Braddon, ACT. Saturday 16 June 10am - 5pm	Members \$100 Concessions \$90 Non members \$160 (includes 12 months membership) ACT Writers Centre Ph:6262 9191 www.actwriters.org.au
Creativity and Feeding the Muse Learn how to go beyond writer's block and become a more productive writer. With Valerie Parv.	ACT Writers Centre Workshop Room, Gorman House, 55 Ainslie Ave, Braddon Saturday 23 June 10am-4pm	Members \$100 Concessions \$90 Non members \$160 (includes 12 months membership) ACT Writers Centre Ph:6262 9191 www.actwriters.org.au
SoSAFE! Training Provides an introduction for parents and carers to the SoSAFE set of visual tools to teach social safety and relationships to people with moderate to severe intellectual disability, and Autism Spectrum Disorder.	Venue, date and time TBA Please check website	\$255 includes SoSAFE! Manual Sexual Health and Family Planning Disability Team Ph: 6247 3077 www.shfpact.org.au

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Introduction Discrimination Law</p> <p>This workshop will:</p> <ul style="list-style-type: none"> • Provide participants with a general understanding of the purpose, scope and operation of the Discrimination Act 1991. • Outline what constitutes unlawful discrimination in the ACT and the difference between direct and indirect discrimination. • Highlight the exceptions to unlawful discrimination. • Define and discuss sexual harassment, vilification and victimisation. Discuss different types of liability and how it affects individuals and organisations. 	<p>Venue dates and times TBA</p> <p>Check the website</p>	<p>No cost for community the sector \$200</p> <p>Human Rights Commission Ph: 6205 2222</p> <p>www.hrc.act.gov.au human.rights@act.gov.au</p>
<p>Human Rights for the Community Sector</p> <p>This workshop will:</p> <ul style="list-style-type: none"> • Provide participants with an understanding of the purpose and operation of the Human Rights Act 2004. • Provide an understanding of the way the Human Rights Act may reasonably limit rights. • Provide information on how to advocate for clients using the Human Rights Act. • Provide details on which community sector organisations might have new responsibilities. 	<p>Venue dates and times TBA</p> <p>Check the website</p>	<p>No cost for community the sector</p> <p>Human Rights Commission Ph: 6205 2222</p> <p>www.hrc.act.gov.au human.rights@act.gov.au</p>
<p>Introduction to Health Records and Privacy</p> <p>This workshop will:</p> <ul style="list-style-type: none"> • Provide record keepers a clear understanding of their obligations. • Provide health service consumers a clear understanding of their rights. • Provide participants with an understanding of the laws regarding health information, privacy and access issues. • Outline the Commissioner's complaint handling role. 	<p>Venue dates and times TBA</p> <p>Check the website for details</p>	<p>No cost for community the sector</p> <p>Human Rights Commission Ph: 6205 2222</p> <p>www.hrc.act.gov.au human.rights@act.gov.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Countering Harassment and Bullying</p> <p>This workshop provides comprehensive coverage of this critical workplace issue by:</p> <ul style="list-style-type: none"> Increasing insight into how harassment and bullying can happen. Enabling recognition of behaviour that could be harassment and bullying. Enhancing understanding of the impact of harassment and bullying. Building knowledge of how harassment and bullying is covered by both the Discrimination Act 1991, and work safety law. Providing strategies for dealing with, and preventing harassment and bullying. 	<p>Venue dates and times TBA</p> <p>Check the website for details</p>	<p>No cost for community the sector \$200</p> <p>Human Rights Commission Ph: 6205 2222</p> <p>www.hrc.act.gov.au human.rights@act.gov.au</p>
<p>Workplace Contact Officer Training</p> <p>An important part of effectively managing discrimination, harassment and bullying in the workplace is having approachable and trained people in your organisation to provide accurate information, and timely support for people who have concerns about behaviour. This workshop will increase your understanding and knowledge of:</p> <ul style="list-style-type: none"> The laws that cover workplace discrimination, harassment and bullying. Options available to people who feel they have been discriminated against, harassed or bullied. Roles and responsibilities of a workplace contact officer. Effective communication skills and strategies to help you in your role. 	<p>Venue dates and times TBA</p> <p>Check the website for details</p>	<p>No cost for community the sector \$400</p> <p>Human Rights Commission Ph: 6205 2222</p> <p>www.hrc.act.gov.au human.rights@act.gov.au</p>
<p>Disability Discrimination</p> <p>The workshop explains the protection of people with a disability under the Discrimination Act in a friendly way, offering a practical approach to help you to understand your obligations. It explains the role of the Disability and Community Services Commissioner and provides strategies to enhance inclusion of people with disabilities in all areas of public life.</p>	<p>Venue dates and times TBA</p> <p>Check the website for details</p>	<p>No cost for community the sector \$200</p> <p>Human Rights Commission Ph: 6205 2222</p> <p>www.hrc.act.gov.au human.rights@act.gov.au</p>
<p>Certificate I in Business for people with a disability</p> <p>A skills recognition/assessment/gap training program for people with a disability covering six units from Certificate I in Business: keyboarding; using a computer; business equipment etc. *Funded by the ACT Department of Education and training.</p>	<p>Capital Careers Pty Ltd L3 Belconnen Churches Centre Benjamin Way, Belconnen</p> <p>Dates and times TBA</p>	<p>\$150*</p> <p>Capital Careers Ph: 6253 0682 www.capitalcareers.com.au info@capitalcareers.com.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Bridging the Gap</p> <p>Aims to upskill participants in computing packages, customer service, record - keeping and OH & S - all essential skills for working in IT and administration roles. Units taken from Certificate III Business Administration.</p>	<p>Capital Careers Pty Ltd L3 Belconnen Churches Centre Benjamin Way, Belconnen</p> <p>Dates and times TBA</p>	<p>TBA Capital Careers Ph: 6253 0682 www.capitalcareers.com.au info@capitalcareers.com.au</p>
<p>Getting IT Started</p> <p>This course assists participants in preparing for the workforce by providing basic job search, communication and computing skills. It is suitable for anyone who may want to work in an office environment and who may not have any work experience.</p> <p>Nationally accredited Certificate I in Work Preparation and statement of attainment from Certificate II in Business.</p> <p>*Funded by the ACT Department of Education and Training.</p>	<p>Capital Careers Pty Ltd L3 Belconnen Churches Centre Benjamin Way, Belconnen</p> <p>Dates and times TBA</p>	<p>\$150* Capital Careers Ph: 6253 0682 www.capitalcareers.com.au info@capitalcareers.com.au</p>
<p>Certificate II Business</p> <p>A program designed for jobseekers who require enhanced skills in basic IT, customer service and administrative areas so they can apply for entry-level work in administration.</p> <p>*Funded by the ACT Department of Education and Training</p>	<p>Capital Careers Pty Ltd L3 Belconnen Churches Centre Benjamin Way, Belconnen</p> <p>Dates and times TBA</p>	<p>\$250* Eligibility applies Capital Careers Ph: 6253 0682 www.capitalcareers.com.au info@capitalcareers.com.au</p>
<p>Certificate III Government</p> <p>This program covers entry-level competencies for a career in the public sector, with a particular focus on meeting the ethical and legislative requirements of the public service. Also includes intermediate computing skills, writing selection criteria, preparation and practice for a public service interviews.</p> <p>*Funded by the Productivity Places Program – a joint Commonwealth and ACT Government initiative.</p>	<p>Capital Careers Pty Ltd L3 Belconnen Churches Centre Benjamin Way, Belconnen</p> <p>Times TBA</p>	<p>Free for eligible jobseekers* Capital Careers P/L Ph: 6253 0682 www.capitalcareers.com.au info@capitalcareers.com.au</p>
<p>First Step! Humanitarian Refugee Program</p> <p>A program that provides training in basic work skills, confidence boosting activities and advice and assistance on entering the paid workforce (or voluntary service) for people facing barriers to employment due to their refugee status and lack of generic work skills. Nationally accredited Certificate I in Work Preparation and statement of attainment from Certificate I in Business</p> <p>*Funded by the ACT Department of Education and Training.</p>	<p>Capital Careers Pty Ltd L3 Belconnen Churches Centre Benjamin Way, Belconnen</p> <p>Dates and times TBA</p>	<p>\$150* Capital Careers Ph: 6253 0682 www.capitalcareers.com.au info@capitalcareers.com.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Links to Learning – Adult Literacy Program</p> <p>A trained volunteer tutor will meet with you for an hour a week to help you improve your reading and writing skills.</p>	<p>Public Libraries or Southside Community Services, Narrabundah</p> <p>Dates and times to suit tutor and student.</p>	<p>Free</p> <p>Southside Community Services</p> <p>Jodie Wright Ph: 61 26 4728 Jodie.wright@sscs.org.au</p>
<p>MURA Interactive Learning Centre MILC</p> <p>An eight week skill building workshop for young people looking to enter employment in office administration or wanting to increase their computer and communication skills. The workshop covers: Basic/Intermediate Word, Basic Excel, Basic PowerPoint, Microsoft Outlook, Resume Writing/Selection Criteria, Interview Skills/ How to make a lasting Impression. Free childcare available.</p>	<p>MURA Lanyon Youth and Community Centre, Sidney Nolan St, Conder</p> <p>Dates and times TBA</p>	<p>YWCA</p> <p>Claudia Ph: 6294 2472</p>
<p>SPICE Volunteer Recruitment and Training Program</p> <p>Are you a business owner or manager? Would you like to give a young person at risk of dropping out of school a go by providing work experience? The SPICE program gives young people the opportunity of participating in a work placement in an industry of their interest for one day per week, across a five week period. Become a volunteer business mentor and make a positive difference in a young person's life.</p>	<p>Volunteering ACT Canberra Labour Club, Community Chambers Cnr Chandler and Cameron Ave, Belconnen</p> <p>Dates and times TBA</p> <p>Bookings essential</p>	<p>Free</p> <p>Volunteering ACT</p> <p>Jacinta Glen Ph: 6251 4060 spice@volunteeract.org.au www.spice.org.au</p>
<p>ASIST - Applied Suicide Intervention Skills</p> <p>A two day interactive workshop in suicide first aid. Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help.</p>	<p>OzHelp Foundation, Fyshwick</p> <p>6,7 March or 21,22 June</p> <p>8.45am – 4.30pm</p>	<p>\$260 or \$240 concession</p> <p>OzHelp Community Services Regina Ph: 6251 4166 ocs@ozhelp.org.au www.ozhelp.org.au</p>
<p>SafeTALK - Suicide Awareness Workshop</p> <p>In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave SafeTALK more willing and able to perform an important helping role for persons with thoughts of suicide.</p>	<p>OzHelp Foundation, Fyshwick</p> <p>1 March or 18 May</p> <p>9.30am – 1.00pm</p>	<p>\$85 or \$65 concession</p> <p>OzHelp Community Services Regina Ph: 6251 4166 ocs@ozhelp.org.au www.ozhelp.org.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Certificate III in Children's Services An entry level course for a career in Children's Services catering for all learning styles and additional needs such as non-English speaking backgrounds. Includes recognition of prior learning arrangements.</p>	<p>Southside Community Services Centre, Narrabundah</p> <p>Dates and times TBA 12 – 24 months</p>	<p>Ring for information on Government funding Optimum Training and Development Southside Community Services Veronica Ph: 6126 4722 Veronica.shepherd@sscs.org.au www.sscs.org.au/optimum_training</p>
<p>Certificate II or Certificate III in General Education for Adults An English development course for people who use English as their second language to further their written and oral communication skills.</p>	<p>Southside Community Services Boolimbah Cres, Narrabundah</p> <p>Dates and times TBA</p> <p>12 weeks, 198 hours</p>	<p>Ring for information on Government funding Optimum Training and Development Southside Community Services Veronica Ph: 6126 4722 Veronica.shepherd@sscs.org.au www.sscs.org.au/optimum_training</p>
<p>Diploma in Children's Services This course is designed for childcare professionals who already hold a Certificate III in Children's Services and wish to pursue their learning in this profession. Includes recognition of prior learning arrangements.</p>	<p>Southside Community Services Centre, Narrabundah</p> <p>Dates and times TBA 18 months – 3 years</p>	<p>Ring for information on Government funding Optimum Training and Development Southside Community Services Veronica Ph: 6126 4722 Veronica.shepherd@sscs.org.au www.sscs.org.au/optimum_training</p>
<p>Advanced Diploma in Children's Services This course is designed for childcare professionals who already hold a Diploma in Children's Services and wish to pursue their learning in this profession. Includes recognition of prior learning arrangements.</p>	<p>Southside Community Services Centre, Narrabundah</p> <p>Dates and times TBA 18 months – 3 years</p>	<p>Ring for information on Government funding Optimum Training and Development Southside Community Services Veronica Ph: 6126 4722 Veronica.shepherd@sscs.org.au www.sscs.org.au/optimum_training</p>
<p>TAE40110 Certificate IV in Training & Assessment Would you like a job in training? This qualification will give you all the skills and training needed to work in the VET (Vocational Education & Training) sector also as an: enterprise trainer, enterprise assessor, registered training organisation (RTO) trainer, RTO assessor training adviser or training needs analyst, or vocational education teacher.</p>	<p>MANTRA Training and Development</p> <p>Venue, dates and times TBA</p>	<p>Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
BSB30107 Certificate III in Business Do you want to become a Customer Service Advisor? Or take on the role of: Data Entry Operator, General Clerk, Payroll Officer, Typist, Word Processing Operator.	MANTRA Training and Development Venue, dates and times TBA	Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au
BSB30407 Certificate III in Business Administration How nice would it be to be Receptionist at a law or real estate firm? If this doesn't suit you how about one of these roles: Accounts Receivable Clerk, Accounts Payable Clerk, Clerk, Data Entry Operator, Junior Personal Assistant, Office Administration Assistant, Office Administrator, Word Processing Officer.	MANTRA Training and Development Venue, dates and times TBA	Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au
BSB40507 Certificate IV in Business Would Accounts Supervisor sound like a challenging role for you? Then why not complete this course and make it easier or any of the following job roles: Executive Personal Assistant, Office Administrator, and Project Assistant.	MANTRA Training and Development Venue, dates and times TBA	Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au
BSB40807 Certificate IV in Frontline Management Are you a Leader or supervisor? Do you want to become one? Become any of the following by completing this certificate: Coordinator, Leadership, Supervisor, Project Manager, or Team Leader.	MANTRA Training and Development Venue, dates and times TBA	Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au
BSB40407 Certificate IV in Small Business Management Are you a small business owner? Do you want to manage a small business? This qualification reflects the role of individuals who use well-developed skills and a broad knowledge base in a wide variety of small business contexts. This course will help you achieve any of these roles: Small Business Manager, Small Business Owner or Business Consultant.	MANTRA Training and Development Venue, dates and times TBA	Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au
FNS30107 Certificate III in Financial Services Do you want a career in financial services? Then come along to our Financial services course and learn more about: responding to customer enquiries, sales and service, maintaining financial records, performing clerical duties, applying fundamental skills in broking, distribution, banking, credit management and retail financial services.	MANTRA Training and Development Venue, dates and times TBA	Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>FNS30304 Certificate III in Financial Services (Accounts Administration)</p> <p>Would you like to do payroll and receive that pay rise? Do you work in accounts payable/accounts receivable? Would you suit being a cashier? Then come to Mantra and learn all about it! Other job roles: preparation of trial balance, bookkeeping, EFT/e-business, purchases and sales, manual and computerised systems, preparation of financial reports.</p>	<p>MANTRA Training and Development</p> <p>Venue, dates and times TBA</p>	<p>Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au</p>
<p>FNS40207 Certificate IV in Bookkeeping</p> <p>Would you like to become a bookkeeper? This course is designed to cater for people in the role of contract bookkeepers and employees performing the role of a bookkeeper for organisations. You may also benefit from this course if you perform such duties such as: Establishing and maintaining accounting systems, Assisting with Business Activity Statements and other office taxes, Payroll and developing management systems for organisations.</p>	<p>MANTRA Training and Development</p> <p>Venue, dates and times TBA</p>	<p>Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au</p>
<p>BSB41307 Certificate IV in Marketing</p> <p>Would you like the opportunity to be a Direct Marketing Officer? Does any of the following roles sound like you? Market Research Assistant, Marketing Coordinator, Marketing Officer, Public Relations Officer. Then why not complete this course?</p>	<p>MANTRA Training and Development</p> <p>Venue, dates and times TBA</p>	<p>Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au</p>
<p>SITHFAB009A RSA – Responsible Service of Alcohol (RSA)</p> <p>Would you like to work in hospitality? If you hold a Liquor License in some states, or you are a licensee or nominee of licensed premises, you are required by law to successfully complete an approved RSA course.</p>	<p>MANTRA Training and Development</p> <p>Venue, dates and times TBA</p>	<p>Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au</p>
<p>SITHGAM006A RSG - Provide Responsible Gambling Services (RGS)</p> <p>If you hold a Gambling License in some states, or you are a licensee or nominee of Gambling premises, you are required by law to successfully complete an approved RGS course.</p>	<p>MANTRA Training and Development</p> <p>Venue, dates and times TBA</p>	<p>Ring for information on Government Funding. MANTRA Training and Development Ph: 6242 6344 admin@mantratrainig.com.au www.mantratrainig.com.au</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
Saver Plus Need some help with education costs? Australia's first matched savings and financial education program encourages participants to save for education expenses by matching their savings dollar for dollar, up to \$500 over the course of 10 months.	Woden and Belconnen Venues TBA Ongoing enrolments Dates and times TBA	Free to eligible participants Saver Plus Smith Family Brent Beyer Ph: 6283 7606
Family Law: Children <ul style="list-style-type: none"> • What happens to the children upon Separation? • What is family dispute resolution? • What are parenting plans? • How to make arrangements work • How does the court decide about children's living arrangements? 	8 Piquenit Close, North Lyneham Tuesday 21 February 10am - 12 noon	\$30.00 Women's Legal Centre Carol Benda Ph: 6257 4377
Employment Law Rights at Work <ul style="list-style-type: none"> • Dismissal, when is it unfair? • Recent changes in Employment law • The National Employment Standards 	8 Piquenit Close North Lyneham Thursday 22 March 10am - 12 noon	\$30.00 Women's Legal Centre Carol Benda Ph: 6257 4377
Discrimination <ul style="list-style-type: none"> • Sex discrimination • Sexual harassment • Pregnancy 	8 Piquenit Close North Lyneham Tuesday 29 May 10am - 12 noon	\$30.00 Women's Legal Centre Carol Benda Ph: 6257 4377

RECREATIONAL & SOCIAL

Course Name/Description	Venue/Date/Time	Cost/Contact
Tuggeranong Valley Women's Neighbourhood Group Join us for interesting discussions, guest speakers, morning tea, excursions, crafts and lots more.	Tuggeranong Youth Centre Crn Pitman and Holwell Sts Tuggeranong Fridays 10am – 12noon	Free Communities@Work Ph: 6126 9000 admin@commsatwork.org
Social Singalong Come along and enjoy live entertainment, lunch, bingo, afternoon tea and much more!	Tuggeranong Southern Cross Club Crn Pitman and Holwell Sts Tuggeranong Fortnightly on Mondays, 12 – 3pm	\$5 Communities@Work Ph: 6126 9000
Learning Circle Members (generally fifty years and over) get together over lunch or afternoon tea while enjoying intelligent conversation, mental stimulation and meeting new people.	Tuggeranong Community and Function Centre 245 Cowlshaw, Greenway Fridays 12.30 – 2.30pm	Free Communities@Work Ph: 6293 6500 admin@commsatwork.org
Tuggeranong 55 Plus Club "Be Active, Feel Great" Exercise, trips, books, cards, board games, carpet bowls, socialising etc.	Tuggeranong Community and Function Centre 245 Cowlshaw, Greenway Various dates and times	Free Communities@Work Ph: 6293 6500 admin@commsatwork.org
Wellbeing Group A group providing a range of social activities with a focus on women coming together to enjoy and celebrate social diversity. Morning tea and lunch provided. Please ring to enquire before first attendance.	Inanna South Thursdays 10.30am – 2.00pm	Free Inanna Lyn or Karen Ph: 6295 3323
Art Arvos Provides a diverse range of arts and craft ideas and activities. Afternoon tea provided. Please ring to enquire before first attendance.	Inanna South Wednesdays 1.30 – 3.30pm	Free Inanna Kim or Sandra Ph: 6295 3323
Mindfulness Group Focusing on development and management of helpful thought processes around emotions, goals and everyday situations or issues with an emphasis on mental health. Runs during school semesters. By application only. Group closed once semester starts. Please ring to enquire before first attendance.	Inanna South Tuesdays 10am – 12 noon	Free Inanna Cheryl or Karen Ph: 6295 3323
Gungahlin Acrylic Art Classes A range of classes suitable for beginners, intermediate and advanced painters. Runs once per week for six weeks. The teacher is qualified and experienced.	Gungahlin and Ngunnawal Dates and times TBA During school terms	\$60 for 6 weeks \$50 concession Gungahlin Regional Community Service Alison Ph: 6123 4422

Course Name/Description	Venue/Date/Time	Cost/Contact
Coffee Break A women's social craft group. Adjunct childcare available.	Gungahlin Uniting Church Valley Way, Gungahlin	\$4 mums \$3.50 1 st child \$4 each for more children Gungahlin Regional Community Service Alison Ph: 6123 4422
Gungahlin Network Group A social art and craft group which undertakes a range of art and craft projects. New participants always welcome.	Gungahlin Community Resource Centre Wednesday 10am – 12 noon During school terms	Gold coin donation Gungahlin Regional Community Service Alison Ph: 6123 4422
Walk and Talk Group - Gungahlin A walking group for everyone. Suitable for all abilities. The group meets weekly. After the walk the group have a chat over a cup of coffee.	Venue TBA Thursdays 9.30am During school terms Call for Term Program	Free Gungahlin Regional Community Service Alison Ph: 6123 4400
Reading for Pleasure Group This group meets monthly to discuss books over a coffee. Books are selected by the group in advance. Drop in and see if this is for you.	Erindale Library, McBryde Cres, Wanniassa Dates and times TBA	Free ACT Public Library Ph: 6205 9000 Library.customerinfo@act.gov.au
Stressed Out Sisters Enjoy some grown up time for yourself with our health and craft group while we keep an eye on your children.	BCS Kippax Office Kippax Health Centre Wednesday 9am – 12noon	Free Belconnen Community Service Helen Ph: 6278 4175
Belconnen Community Centre Leisure Program Women's Group The group is open to women with a mental illness and from the general public. The group makes their own lunch with healthy food provided, socialise, play games or do activities, and discuss diet and fitness matters.	Belconnen Community Centre Chandler St, Belconnen Mondays 12noon – 1.30pm	Free Light lunch provided Belconnen Community Centre Ph: 6264 0232
Art, Craft and Sewing for Aboriginal and Torres Strait Islanders Drop in and workshops.	Kippax Health Centre, Kippax Place, Holt Mondays 11.30am – 1.30pm Childcare and transport provided	Free Belconnen Community Service Aunt Pam Bell Ph: 6278 8110
Beading with Pip Learn and practice beading techniques in a fun relaxed atmosphere.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Mondays 11am	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Exercise with Judy Get fit and have fun.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Wednesdays 11am	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au

Course Name/Description	Venue/Date/Time	Cost/Contact
Music Workshop A musical experience, learn an instrument and some music.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Mondays 1 – 3pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Art Therapy with Kate This group offers support, skill development, social interaction and an opportunity to have fun.	Rainbow Program H Block, Canberra Technology Park, Phillip Ave, Watson Wednesdays 2pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Art with Harry Learn new skills and have fun.	Rainbow Program H Block Canberra Technology Park, Phillip Ave, Watson Fridays 1.30pm	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Pool Competition Put your name on the sign up sheet to enter.	Rainbow Program H Block Canberra Technology Park, Phillip Ave, Watson Fridays 11am	Free The Rainbow Mental Health Foundation Ph: 6242 6575 rainbow@mhf.org.au
Majura Women's Group A self-run organisation for women, at home with young children, to meet and participate in stimulating and creative activities. Low cost, high quality childcare available.	Downer Community Centre, Frencham Pl, Downer Wednesdays 9.30am – 12noon During school terms	\$5 pa membership Gold coin donation for childcare. Majura Women's Group Geraldine Ph: 6161 7156 majurawomensgroup@gmail.com www.majurawomensgroup.net
Brindabella Women's Group Self - run community group providing an opportunity for women at home with young children meet regularly, exchange information and learn new skills. Holds discussion mornings and creative sessions. New members and visitors always welcome.	Chisholm Community Centre 15 - 19 Halley St, Chisholm Tuesdays 9.30am – 12.30pm during school terms	\$5 voluntary donation per session. \$1 annual membership Brindabella Women's Group Binanca Ph: 6288 4539 brindabellawg@yahoo.com.au www.brindabellawomensgroup.org
ACT Walking for Pleasure Inc Conducts group walks in Canberra and surrounding areas. All walks are two hours or less. Produces a quarterly newsletter.	Various locations Tuesday to Friday and Sunday 8.15am in Summer 9.15am in Winter	\$20 per year \$10 per year for partner ACT Walking For Pleasure Ph: 1300 799 719

Course Name/Description	Venue/Date/Time	Cost/Contact
Open Art Provides friendly and experienced art tutors offering quality art classes to people with a mental illness.	Venues dates and times TBA During school terms Contact service for timetable	\$45 per term Belconnen Community Services Kate Ph: 6264 0249
Belconnen Women's Group Belconnen This is a social group that meets each week to discuss health, fitness and other matters. Lunch provided for Leisure Program members. Group facilitated by Judy Croston.	Belconnen Community Centre Each Monday 12noon - 1.30pm	Free for members BCS Leisure Program Sally Ph: 6264 0237 John Ph: 6264 0202
Belconnen Women's Group Tuggeranong This is a social group that meets each week to discuss health, fitness and other matters. Lunch provided for Leisure Program members. Group facilitated by Judy Croston.	Belconnen Community Service Office, Southern Cross Stadium Each Wednesday 1 – 3pm	Free for members BCS Leisure Program Sally Ph: 6264 0237 John Ph: 6264 0202

EVENTS

DATE	EVENT	CONTACT
February	Me NO Hair Fundraising head-shaving event.	The Cancer Council ACT Ph: 6257 9999 www.actcancer.org
10 -12 Feb	National Multicultural Festival An opportunity for Canberrans to join in a celebration of multiculturalism.	Various venues throughout Canberra www.multiculturalfestival.com.au
March	Women's History Month 2012 Theme: Women with a Plan - Australian women architects, town planners and landscape architects.	www.womenshistory.com.au
8 March	International Women's Day (IWD) Celebrate women and girls' contribution to society.	Calendar of events is available from the Women's Information and Referral Centre Ph: 6205 1076
17- 18 March	Relay for Life 24 hour team event to raise funds for the fight against cancer.	The Cancer Council ACT Ph: 6257 9999 www.relayforlife.org.au
21 March	Harmony Day International Day for the Elimination of Racial Discrimination.	www.harmony.gov.au
7 April	International World Health Day	www.who.int
2 May	National Candle Lighting Ceremony National Day of Remembrance for all those who lost their lives as a result of domestic violence.	Domestic Violence Crisis Service Ph: 6280 6999 admin@dvcs.org.au
6 May	Mother's Day in the Park Celebrate Mother's Day in Glebe Park with great live music and family activities.	ACT Government "Round Town" Ph: 13 22 81 www.roundtown.act.gov.au
24 May	Australia's Biggest Morning Tea An awareness and fund raiser for the Cancer Council to help fund the vital programs of research, support and education.	The Cancer Council ACT Ph: 6257 9999 www.biggestmorningtea.com.au
27 May - 3 June	Reconciliation Week Celebrates the rich culture and history of the first Australians. The 2012 theme is "Let's Talk Recognition".	Ph: 6273 9200 www.reconciliation.org.au
20 June	World Refugee Day	www.un.org/depts/dhl/refugee
29 June	Red Nose Day Awareness and fund raiser for SIDS and KIDS.	SIDS and KIDS Ph:6287 4255