

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 u 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</p> <p>wirc@act.gov.au www.women.act.gov.au u</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 Fl, 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</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 u</p>