

# Moving Forward Program 2019



Do you want choices Moving Forward? **YES**

**Moving Forward** is for you. Join us for some or all sessions.

Easy, friendly environment to learn, share skills and stories whilst building connections.

Gain an understanding of you and your families needs, in a fun relaxed atmosphere.

Come join our group sessions or create your own group with family and/or friends.

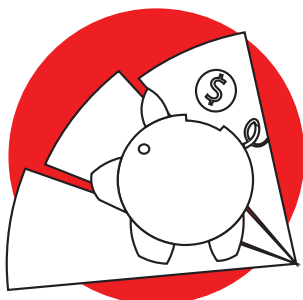
Light refreshments provided.

## Module 1

### CENTRELINK PAYMENTS

Why it's for you: Recognised by Department of Local Government Housing and Community Development as well as Local Real Estate agents.

## Module 2



### BUDGETING & SAVINGS

## Module 3



### MEAL PLANNING

## Module 4



### CREDIT AND DEBT MANAGEMENT

## Module 5



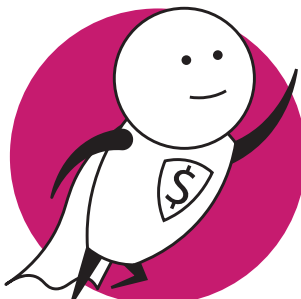
### MAINTAINING A SUSTAINABLE TENANCY

## Module 6



### SELF CARE MIND, BODY & SOUL

## Module 7



### INSURANCE & SUPERANNUATION

## Module 8



### HEALTHY RELATIONSHIPS & PARENTING

## Module 9



### EMPLOYMENT & TRAINING

Somerville Community Services  
3 Victoria Drive, Gray, Palmerston

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Phone to secure your spot 8935 1500

# Moving Forward Program 2019

Sessions are offered twice a week

Tuesday afternoon 12:30 - 2:30pm

Thursday mornings 9:30 - 11:30am

## August

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## September

M	T	W	T	F	S	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## October

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### Module 1

## INTRODUCTION – CENTRELINK PAYMENTS

- Basic understanding of Centrelink website
- Basic understanding of My Gov
- Basic understanding of payments and eligibility

### Module 2

## BUDGETING & SAVINGS

- Learn how to create an easy to manage budget
- Understand how budgeting can benefit you and your family by making your money last longer
- Learn that budgeting can help you keep your tenancy history positive
- Identify needs versus wants and how to sustain them
- Learn about saving and how you can create an easy to maintain savings plan
- Budget for smarter shopping

### Module 3

## MEAL PLANNING

- Learn and share some easy, quick and time saving secrets to healthy meals
- Meal planning
- Shopping smart
- Healthy food versus unhealthy food

### Module 4

## CREDIT AND DEBT MANAGEMENT

- Learn how to build a positive credit history in a safe and affordable way
- Explore how money loans, consumer leases and pay day lenders work and what to be aware of such as loan sharks, renting agencies and contract traps
- Learn about more affordable loan programs that will benefit you
- Receive information about the Somerville financial assistance programs such as the No Interest Loans Scheme, low cost insurance etc.

### Module 5

## MAINTAINING A SUSTAINABLE TENANCY

- Attaining affordable rentals
- Private market and Public Housing
- Learn / understand process of applying for a property
- Responsibilities of tenants and landlords
- House cleaning
- Clutter versus declutter impacts of environment

### Module 6

## SELF CARE - MIND, BODY & SOUL

- Importance of self-care
- Exercise
- Positive self-care activities
- Understanding how STRESS Impacts us
- Understanding our thoughts, emotions, behaviours and how they are linked
- Environmental impacts on mood, home and work place

### Module 7

## INSURANCE & SUPERANNUATION

- Understanding of eligibility of hardship – compassionate grounds and accessing superannuation
- Superannuation – combining and reduce fees and charges
  - TPD
  - Life insurance
  - Income protection
  - Beneficiaries
- Consumer insurances available, what to look for

### Module 8

## HEALTHY RELATIONSHIPS & PARENTING

- Respectful healthy relationships
- Understanding of healthy versus toxic relationships
- Consent
- Brain development
- Explore developmental stages and milestones
- Understand the importance of routines and consistency
- Parenting styles
- Explore the advantages of quality time, praise and reward charts, and age appropriate chores

### Module 9

## EMPLOYMENT & TRAINING

- Identify skills and hobbies
- Explore how to be the best employee
- Benefits of working (income comparisons)
- Self-care in the workplace
- What are the benefits to upskilling
- The do's and don'ts when creating a resume
- References – who to choose
- Preparing for job interviews
- Where to look / go for employment e.g. Job Agencies