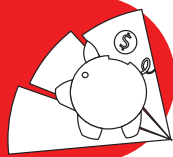


Module 1
Centrelink Payments
4.08.2020 - 10:00am - 12:00pm



Module 2
Budgeting & Savings
11.08.2020 - 10:00am - 12:00pm



Module 3
Meal Planning
18.08.2020 - 10:00am - 12:00pm



Module 4
Credit and Debt Management
25.08.2020 - 10:00am - 12:00pm



Module 5
Maintaining a Sustainable Tenancy
1.09.2020 - 10:00am - 12:00pm



Module 6
Self Care - Mind, Body & Soul
8.09.2020 - 10:00am - 12:00pm



Module 7
Insurance & Superannuation
15.09.2020 - 10:00am - 12:00pm



Module 8
Healthy Relationships & Parenting
22.09.2020 - 10:00am - 12:00pm



Module 9
Employment & Training
29.09.2020 - 10:00am - 12:00pm



The **Moving Forward** program is a life skills and strength based program.

Aim:

To equip people with skills that enable them to cope with the challenging and increasing demands of daily life including:

- social skills
- financial skills
- interpersonal skills

Purpose:

Within a prevention and early intervention framework the purpose of the program is to:

- recognise existing strengths
- build self-confidence
- encourage critical thinking
- foster independence and
- help people to communicate and attain their needs more effectively

The program offers an overarching focus on the development of skills necessary for obtaining and sustaining successful current and or future tenancies alongside financial stability.

**Big Rivers Child and Family Centre
Level 1, 42 Katherine Terrace**

Contact Somerville's Katherine office for more information and to secure your spot:

Phone: 8972 5100

Email: Katherine@somerville.org.au

Somerville
the courage to be ...

Katherine Moving Forward Program 2020



Moving Forward Program 2020

Sessions are available on Thursday 10:00am - 12:00pm

Big Rivers Child and Family Centre
Level 1, 42 Katherine Terrace KATHERINE NT

August

M	T	W	T	F	S	S
31					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

September

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				

Public Holidays

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