

PARKING AVAILABILITY

Street parking is limited to 2 hours.
3 hour parking is available across the
road and 4 hour parking is available
next to Centrelink, on Bogong Avenue.

Participants are asked **NOT to park on
the premises** of South East Volunteers.

Please Note:

Most sessions are free of charge and
run for approximately 2 hours.

Bookings are essential for all sessions.

Please arrive 15 minutes prior.

Sessions are available to any non-profit
agency who work with volunteers.

If you are interested in attending train-
ing and workshops please contact:

South East Volunteers Inc.
Phone: 9562 0414
Fax: 9562 0411
Email: admin@sev.org.au



SOUTH EAST VOLUNTEERS INC.

*Our aim is to link
community service
organisations with
prospective volunteers from
the community, and to
provide quality training
opportunities to ensure a
mutually rewarding
experience for all
participants.*

*The Volunteer Program is funded
by:*

*The City of Monash
And
The Department of Social Services*

SOUTH EAST VOLUNTEERS

VOLUNTEER TRAINING 2017



'strengthening our community'

Phone: 9562 0414
Fax: 9562 0411
Email: admin@sev.org.au

Volunteer Training Workshops 2017
Venue: 5 Myrtle Street, Glen Waverley
Time: 9:30 a.m. – 11:30 a.m.

Go Nuts! Juggling Life's Ups & Downs

Date: Wednesday, 22 February
Facilitator: Helen Telfer/Alison Burley,
Scarf Consulting

Brief: Going crazy in the mess of life? How can we help each other to cope with the effects? Want to have fun learning how to deal with life's uncertainties?

Dementia & Reducing the Risks

Date: Wednesday, 15 March
Facilitator: Andrew Italia,
Alzheimer's Victoria

Brief: This workshop gives you general information on Dementia and some ways to reduce the risk, i.e. nutrition & exercise.

Resilience

Date: Wednesday, 17 May
Facilitator: Brad Desmond,
Brad Desmond & Associates

Brief: Resilience involves behaviours, thoughts and actions that can be learned and developed in anyone. This workshop will give you some practical strategies and skills.

Intro to Palliative Care & Advanced Care Planning

Date: Wednesday, 14 June
Facilitator: Kylie Draper, Eastern Palliative Care
Brief: In an ideal world, you and your family would have a plan for ageing. This workshop will introduce you to palliative care and give you some tips on advanced care planning.

Community First Aid **

Date: Wednesday, 23 August
Facilitator: St John's Ambulance

Brief: This 2.5 hour workshop covers general first aid, as well as a focus on senior specific issues & Defibrillation.

**** This workshop is 2.5 hours 9:30 – 12:00.**

The workshop will be held at the Waverley RSL, 161 Coleman Parade, Glen Waverley.

Self Care for Volunteers

Date: Wednesday, 27 September
Facilitator: Susanne Baxandall, RN

Brief: Self-care is any activity that you do voluntarily which helps you maintain your physical, mental or emotional health. Join this workshop to help you feel healthy, relaxed and ready to take on all that life dishes out!

Strategies for Emotional Intelligence

Date: Wednesday, 11 October
Facilitator: Meg Phillips, Balance 4 Life

Brief: This workshop will give you some guidance on becoming emotionally self aware and strategies to work well with others.

Please NOTE:: Our workshops will commence on time. If you are late there is a chance you will not be allowed entry, as it can be disruptive to the workshop and other attendees. We appreciate your effort to be on time.

**Introduction to Volunteering
Training
Glen Waverley Training sessions**

are held on Tuesdays at
5 Myrtle Street Glen Waverley
Time: 9.30 am until 11.30 am

Dates:

February 7th	August 1st
March 7th	September 5th
April 4th	October 3rd
May 2nd	November 14th
June 6th	December 5th
July 4th	

Clayton Training Sessions

are held on Wednesdays at
Clayton Community Centre,
Cnr Cooke St & Centre Road, Clayton
Time: 9.30 am until 11.30 am

Dates:

March 15th
May 17th
July 12th
September 13th
November 15th

