

Please Note:

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

Bookings are essential for all sessions.

Workshop Venue

Our workshop locations vary for each session. Please ensure that you RSVP. This will enable us to send you a confirmation email including details the training venue, one week prior to attending.

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.

If you are interested in attending training and workshops please RSVP by contacting:

Greater Dandenong Volunteer Resource Service through South East Volunteers

Phone: 9562 0414

Fax: 9562 0411

Email: info@gdvrs.org.au



**Greater Dandenong
Volunteer Resource Service**

*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 managed
by South East Volunteers and funded
by City of Greater Dandenong*

**Greater Dandenong
Volunteer Resource
Service**

**VOLUNTEER
TRAINING
2015**



'strengthening our community'

Phone: 9562 0414

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www.gdvrs.org.au

Volunteer Training Workshops 2015

Venue:

Time: 9:30 a.m.—11:30 a.m.

Loss and Grief

Date: Thursday, 7 May

Facilitator: Helen Tofler & Alison Burley,
Scarf Consulting

Brief: This workshop looks at what loss & grief are, how we as a society cope. We will try and give some guidelines on how best to deal with it and where to go for assistance, and to primarily realise that you are not alone.

Understanding Our Communities

Date: Monday, 22 June

Facilitator: Mustafa Najib, City of Greater Dandenong

Brief: During this cultural awareness session you will gain an understanding of emerging asylum seeker and refugee communities within Greater Dandenong. Mustafa will cover in this session how to deliver a sensitive, responsive, quality and equitable service to clients.

Diversity

Date: Thursday, 9 July

Facilitator: Bilijana Komnevic, City of Greater Dandenong

Brief: A cultural diversity planner with City of Greater Dandenong, will present an overview of the Council's commitment to cultural diversity and how to work effectively with people from culturally and linguistically diverse backgrounds.

Your Brain Matters™

Date: Thursday, 6 August

Facilitator: Andrew Italia, Alzheimer's Australia

Brief: This workshop will cover the five simple steps to maximize your brain health and get tips on living a brain healthy life to potentially reduce your risk of developing Dementia. You will also learn about Alzheimer's, signs to look for and the benefits of early intervention.

Boundaries—Personal & Professional

Date: Monday, 7 September

Facilitator: Dianne Taylor, Sirius Business

Brief: Understanding personal and professional boundaries is the single most important thing you can do to improve your relationships (both work and personal). This workshop gives you some guidelines and strategies on how to set those boundaries.

Mental Health Awareness

Date: Thursday, 15 October 9am—11am

Facilitator: Helen Tofler & Alison Burley
Scarf Consulting

Brief: What are some of the signs someone may have a mental health issue? This workshop covers what you should look out for, the stigma that goes with mental health problems, options for treatment, i.e. medication vs therapy or a combination. And learn what you can do to help.

Introduction to Volunteering Training

Greater Dandenong Training Sessions

RSVP: info@gdvrs.org.au

Time: 9.30am—11.30am

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|----------------|---------------------|
| Thurs April 23 | Thurs August 27 |
| Thurs May 28 | Thurs September 24 |
| Thurs June 25 | Thurs October 22 |
| Monday July 13 | Thurs November 26** |
| Thurs July 23 | Thurs December 10 |



Introduction to Volunteering is a workshop aimed at those new to volunteering and those wanting to update their knowledge.

**Please note: The November Introduction to Volunteering session will be an evening session run from 6-8pm at the CGD Civic Centre, Lonsdale St, Dandenong.