

Friday 24 June 2022

Light refreshments will be provided and registration is required.



Making a Great First Impression

Looking for work involves many parts and is challenging. **Dress for Success** will provide key strategies to be as confident as possible for your next job interview and learn more about all the free services available to support your job search efforts.

Time 10.00 - 11.00am

Where Eastwood Community Centre,
159-161 Shaftsbury Road, Eastwood



Assistance for Job Seekers

Services Australia (Centrelink) will provide information on:

- Available support while you are job hunting or re-entering the workforce
- What you need to do to keep getting your JobSeeker payment
- Useful resources and information available in your language

Time 11.30am - 12.30pm

Where Eastwood Community Centre,
159-161 Shaftsbury Road, Eastwood



Pathways to Work

Come along and find out about how **TAFE NSW** can support you to reach your career goals. **TAFE NSW** will provide information about training and career pathways, multicultural student support, and opportunities for work experience at **TAFE NSW**.

Time 1.30 - 2.30pm

Where Eastwood Community Centre,
159-161 Shaftsbury Road, Eastwood



To find out more and to register for these events, please scan the QR code, visit www.ryde.nsw.gov.au/refugeeweek or call 9952 8222.

Happy

Refugee Week 19–25 June 2022

City of Ryde is holding several free events to celebrate Refugee Week 2022.

Tuesday 21 June 2022



Community Expo Day

Receive information about education, employment, safety, health and wellbeing. You will have the chance to meet and chat with different community services and government department representatives. No registration required.

Where West Ryde Community Centre Hall, 3-5 Anthony Street, West Ryde

Morning session: 10.00am - 12noon

Stalls will include:*

- TAFE NSW
- Macquarie University
- Services Australia (Centrelink)
- Community Migrant Resources Centre (CMRC)
- Dress for Success
- City of Ryde Library
- Stryder
- Macquarie Community College
- Settlement Services International (SSI)
- 2RRR (Ryde Regional Radio)

Afternoon session: 1.00 - 3.00pm

Stalls will include:*

- Family Planning NSW
- STARTTS
- Relationships NSW
- Christian Community Aid
- The Northern Centre
- Sydney Community Services
- Uniting NDIS LAC Program
- NSW Police
- NSW Trustee & Guardian
- Fire & Rescue NSW
- NSW Health

Refugee
Week



Coordinated by
Refugee Council of Australia

**Subject to change*

 City of Ryde

Lifestyle and opportunity
@ your doorstep

Wednesday 22 June 2022

Light refreshments will be provided and registration is required.



Tai Chi and Qigong

Come and join a one hour exercise session. Some of the health benefits of Tai Chi and Qigong are:

- Improved strength, conditioning, coordination and flexibility
- Reduced stress, pain and stiffness
- Enhanced immune system

Time 10.00 - 11.00am

Where West Ryde Community Centre Hall
3-5 Anthony Street, West Ryde



Dance Fit

Join an hour full of fun during this Dance Fit session, and get your body moving to a mix of international music hits, and easy-to-follow choreography that incorporate all styles of dance.

Time 11.00am - 12.00pm

Where West Ryde Community Centre Hall
3-5 Anthony Street, West Ryde



Yoga

Come and join a one hour yoga session and learn how yoga could heal your body and soul.

Time 2.00 - 3.00pm

Where Online. Register to receive a Zoom link to join the session.



To find out more and to register for these events, please scan the QR code, visit www.ryde.nsw.gov.au/refugeeweek or call 9952 8222.

Thursday 23 June 2022

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Crime Prevention Information Session

NSW Police will share some information about:

- How to look after yourself and your property
- Scams
- How to contact police

Time 10.00 - 11.00am

Where North Ryde School of Arts Hall,
201 Coxs Road, North Ryde



Healthy Relationships

Relationships NSW will provide information on:

- How to build your skills and confidence in making connections
- How to build healthy relationships and the reality of where things can go wrong
- How to reach out for help if a relationship has become unsafe

Time 12.00 - 1.00pm

Where North Ryde School of Arts Hall,
201 Coxs Road, North Ryde



Job Ready Program

Macquarie Community College (MCC) will provide professional career guidance along with the Employment Readiness Scale (ERS) tool. Whether you need career guidance, job ready training, English for work and study or to upskill or reskill **MCC** can help you access different training. This session is suitable for adults, including graduates, looking for a job or a career change.

Time 4.00 - 5.00pm

Where Online. Register to receive a Zoom link to join the session.