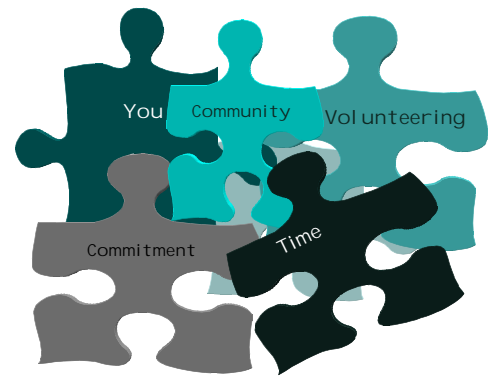


Volunteering Fundamentals



You're invited to upgrade your community knowledge and your communication and negotiation skills. If you haven't attended a Fundamentals course, then join us as we explore;

- ✓ Your involvement in community services
- ✓ communication, self esteem, assertiveness / negotiation
- ✓ more on support, training and volunteering in general
- ✓ cross cultural awareness
- ✓ occupational health and safety
- ✓ volunteering with people who are frail or aged
- ✓ volunteering with people who have a disability
- ✓ understanding dementia and other impairments
- ✓ looking after yourself

FREE TO VOLUNTEERS
Bookings are Essential
 Morning tea, training materials and certificates provided

Date	Time	Venue
Tuesday 2,9 &16 Feb	10.00 – 1.00	GyMEA Community Centre 39 GyMEA Bay Road, GyMEA
Monday 8,15 & 22 Mar	9.30 – 12.30	St George Community Services First Floor, 72 Carwar Ave, Carss Park
Wednesday 21, 28 Apr & 5 May	10.00 – 1.00	Cronulla Centre 38-60 Croydon Street Cronulla
Thursday 10, 17 & 24 June	10.00 – 1.00	St George Community Services First Floor, 72 Carwar Ave, Carss Park

Call Volunteer Link on **8558 4000** or Email vollink@stgcs.com.au

