



# CAaSSA NEWSLETTERS

## Prominent Activities and Events August, 2024

Dedicated to the Growth and Support of CALD Communities

### Science Chat- health benefits of the Mediterranean diet

*Please come and learn how you can build a healthy way of life. That's more than just food, but science week event.*

**Target group:** All learners of English, and computer classes  
**Location:** City of Tea Tree Gully Library  
**Date and time:** 12th August, 6pm – 7pm  
**Contact person:** Ms. Salam (0416457505)



### Arabic Women Group

*Provide a warm and welcoming environment for Arabic speaking women to come together, enjoy each other's company, and break free from isolation.*

**Target group:** Arabic speaking women  
**Location:** Meeting room, 62 Athol St, Athol Park, 5012  
**Date and time:** Every Wednesday, 11am-1pm  
**Contact person:** Salam (0416457505)

### Arabic Male Group

*Please come and join our social and wellbeing discussion*

**Target group:** Arabic speaking male  
**Location:** 28 Ann Street, Salisbury, 5108  
**Date and time:** Every Wednesday, 10am-1pm  
**Contact person:** Mr. Saad (0406550400)

### Pathway to Positive Living 6-Week Course

*Provide skills and techniques to manage thoughts, emotions and behaviours*

**Target group:** Vietnamese Community Member  
**Location:** Main Hall, 62 Athol St, Athol Park, 5012  
**Date and time:** 1<sup>st</sup> August & 8<sup>th</sup> August 10am-1pm  
**Contact person:** Ms. Thao Nguyen (08 84478821)

### Gambling Support Group

*Intervention group provides knowledge, skills and techniques in dealing with gambling issues*

**Target group:** Vietnamese people having problem gambling or playing at risk  
**Location:** Main Hall, 62 Athol St, Athol Park, 5012.  
**Date and time:** 14th August & 28<sup>th</sup> August 2pm-4:30pm  
**Contact person:** Ms Thao Nguyen (08 84478821)

### Smart Recovery

#### Vietnamese

*Provide mutual support recovery and a self-management group designed to help people who wants to recover from AOD issues.*

**Target group:** Vietnamese AOD clients  
**Location:** Main Hall, 62 Athol St, Athol Park, 5012  
**Date and time:** 2<sup>nd</sup> & 16<sup>th</sup> August 10:30 am – 1:30 pm  
**Contact person:** Mr. Bao Chau & Mr. Khuong Tran (08 84478821)



### Women Social Group

*Assist women to socialise with healthy physical activities as an alternative way to gambling*

**Target group:** Vietnamese Women  
**Location:** Main Hall, 62 Athol St, Athol Park, 5012  
**Date and time:** 7th August & 21st August, 3 pm-5:30 pm  
**Contact person:** Ms. Nhung Huynh (08 84478821)



### Smart Recovery

#### Bhutanese

*Provide mutual support recovery and a self-management group designed to help people who wants to recover from AOD issues.*

**Target group:** Bhutanese AOD clients  
**Location:** 28 Ann Street, Salisbury, 5108  
**Date and time:** 9<sup>th</sup> & 30<sup>th</sup> August 10am -12pm  
**Contact person:** Mr. Biren (0403 066 293) Mr. Deng (0402 533 824)



### International Overdose Awareness Week - BBQ

Join us for a BBQ to raise awareness about overdose-related deaths and support affected families and friends while advocating for prevention and support measures.

**Target group:** Everyone  
**Location:** 62 Athol St, Athol Park, 5012  
**Date and time:** 28<sup>th</sup> August 12pm-2pm  
**Contact person:** Mr. Tuan (08 84478821)

### Community Centre Support

Provide a variety of support to community including legal, tax claim and language barrier support.

**Target group:**

- o Legal and tax help: everyone
- o Language barrier support: Vietnamese people

**Location:** Main Hall, 62 Athol St, Athol Park, 5012  
**Date and time:** Booking via phone is required

- o Legal help: every Wednesday, 10:30am – 4:00pm
- o Tax help: every Tuesday 9:00-5:00pm.
- o Language barrier support: Every Monday, Tuesday, and Friday 1:30pm – 4:30 pm

**Contact for booking:** (08) 8447 8821

### Dancing Class

**Target group:** Vietnamese people  
**Location:** Main Hall, 62 Athol St, Athol Park, 5012  
**Date and time:** Every Sunday 6pm-10pm  
**Fee:** \$15 each time/person  
**Contact person:** Mr Hanh 0475049540



## ADULT COMMUNITY EDUCATION PROGRAM

Provide English, computing and digital skills for everyday life, social integration, and career pathway for adult community members from CALD background.

### English Classes

**Target group:** Vietnamese people  
**Location:** Meeting Room, 62 Athol St, Athol Park, 5012  
**Date and time:** Every Monday and Wednesday, 5:30pm – 8:00pm  
**Contact person:** Ms Thuong (0401087345)

### English and Computing Classes

**Target group:** Vietnamese people  
**Location:** Meeting Room, 62 Athol St, Athol Park, 5012  
**Date and time:** Every Tuesday 10am – 2pm  
**Contact person:** Ms Thuy (08 84478821)

### English and Digital Literacy for support workers

**Target group:** Support workers  
**Location:** 51 Bower Street, Woodville, 5011  
**Date and time:** Every Monday, 5pm-8pm  
**Contact person:** Ms Hang (0406 813 454)



### English for Entrepreneurship, healthy and happy families

**Target group:** Arabic women, Afghan people  
**Location:** 51 Bower Street, Woodville, 5011 28 Ann Street, Salisbury, 5108  
**Date and time:** Every Monday, Wednesday, and Friday, 10am-1pm, 5pm-8pm  
**Contact person:** Ms Salam (0416457505)

### English for Health and Wellbeing

**Target group:** Arabic Male  
**Location:** 28 Ann Street, Salisbury, 5108  
**Date and time:** Every Wednesday, 10am-1pm  
**Contact person:** Mr. Saad (0406550400)

### English for Healthy Gardening

**Target group:** Nepalese people  
**Location:** 28 Ann Street, Salisbury, 5108  
**Date and time:** Every Wednesday, 10am-1pm  
**Contact person:** Mr. Teju (0480 279 890)

### Hepatitis Awareness Week

Raise awareness of people infected and living with hepatitis blood borne virus.

**Target group:** Everyone  
**Location:** 62 Athol St, Athol Park, 5012  
**Date and time:** 31<sup>th</sup> July 12pm-2pm  
**Contact person:** Mr. Tuan (08 84478821)



**LOCATION:** 62 Athol street, Athol Park, SA, 5012.

### Aged-care Social Support Group

Assist elderly participants to reduce social isolation, and connect with other community members.

**Target group:** Elderly 65+  
**Location:** Main Hall, 62 Athol St, Athol Park, 5012  
**Date and time:** every Monday, Tuesday, and Thursday, 9am-1pm  
**Contact person:** Ms. Nhung Dinh Ms. Huong Huynh, (08) 84478821  
**Notes:** New participants, please contact admin to register (08 84478821)

