

# Looking for work: Young women's support group

COVID-19 has impacted job prospects for many young women in the Hills. If you are a young woman in the hills looking for work or just starting your career, join our support group to discuss how to deal with the challenges of job seeking and participating in the workforce.



## 10 Feb - 31 March 2021

Wednesdays, 4pm to 6pm

Location: Mount Barker Community Centre  
3 Dumas Street, Mount Barker

This venue is wheelchair accessible.

This free program will include workshops facilitated by Maddie Sarre the Working Women's Centre SA's Youth Project Officer & passionate youth activist, alongside guest presenters.



The workshops will be on a range of topics, including:

- Strategies & tools to use while job hunting.
- Resume development & interviewing skills.
- What are our rights in the workplace? How do we know if we are being paid correctly? How can we deal with sexism in the workplace? What are our rights if we have kids or want to have kids?
- What employment opportunities are there in the district? Showcasing job and education opportunities.
- How can we go about starting a trade or another career that is traditionally male-dominated? Presentation by female tradies.
- How can we navigate the welfare system as young job seekers?
- Self-care - how can we look after ourselves and deal with the stress of looking for work? How to build confidence & self esteem.
- What changes would we like to see in the world of work? Having our voices heard by political decision-makers.



The program will begin with an art workshop where participants will learn new skills and make a unique creation that they can take home with them. At the end of the program, there will be an opportunity to help plan and deliver a community program with support from the Mount Barker Community Centre.

## What's in it for you?

Through training, mentoring and learning-by-doing, you will gain skills and experiences that will help you navigate the challenges of job seeking and work towards getting a job you love.



You will gain:

- Hands on mentoring and support from the Program Coordinators
- Opportunities to connect with other young women and talk about shared experiences
- A space to talk about the challenges and barriers to looking for a job
- Opportunities to develop practical knowledge and skills to help you find work
- Job references
- Tea, coffee & pizza each week!



## About you

The program is designed for women, 17-30 years of age, and living in the Mount Barker District. This program will be beneficial for young women who are looking for work, wanting to work more hours or looking for more meaningful employment.

## How to register



For more information please contact Maddie Sarre from Working Women's Centre at [maddie@wwc.org.au](mailto:maddie@wwc.org.au) or register online at

[www.wwcsa.org.au/upcoming-events](http://www.wwcsa.org.au/upcoming-events)

