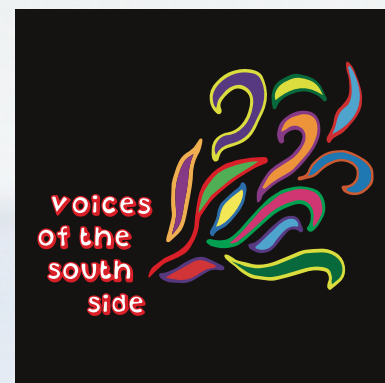


SPEAKING OUT



Voices of the South Side (VoSS) and **StarHealth** have teamed up to create an exciting program called **UpStart**. It's for people who may be feeling isolated or worried about their mental health and offers support, courses and activities.

There will be a variety of opportunities for people to explore their creativity, speaking and leadership skills through free courses. People are also supported in achieving their individual goals such as volunteer work, employment, training, health and connecting to their local community.

Our "Speaking Out" course develops confidence, speaking and communication skills in a fun and supportive environment.

**A new 'Speaking Out' Course starts 21st April
at a South Melbourne venue on a Thursday, 11 am to 1.30 pm.
This is a 2 hour session over 10 weeks and offered to a small group
of people who want to:**

Feel comfortable speaking in public

Talk off the cuff

Really listen

Feel comfortable in meetings

Improve your communication skills

Get your point across clearly

Handle conflict

Develop self-confidence

Look after yourself and others

Be connected to a new social network

Gain access to a range of other courses and activities

**Please contact Robyn on 0417 127 376 or
robyn@southportcc.org.au**



SouthPort
Community
Centre Inc.

