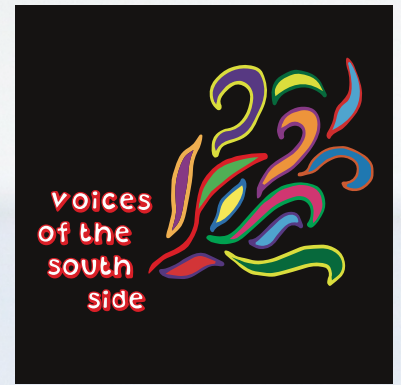


# SPEAKING OUT



**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 Thursday 20<sup>th</sup> October at a South Melbourne venue, 1.30 - 3.30 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](mailto:robyn@southportcc.org.au)**