

Improve your personal safety and wellbeing in your home and in your community.

Program Content

Week 1	Basic First Aid	St John's Ambulance
Week 2		
Week 3	Personal Safety <ul style="list-style-type: none"> ➤ Safety around the home ➤ Securing the home ➤ Fraud and Scams ➤ Getting out and about ➤ Public Transport ➤ Taxis Kick Boxing - 45 minute session	WA Police Department Crime Prevention Facilitator: Steve Hoad Facilitator - TBC
Week 4	Fire Prevention and Safety Talk <ul style="list-style-type: none"> ➤ Stop, drop and roll Kick Boxing – 45 minute session	Fire and Emergency Services Authority (FESA) Facilitator: Vivienne Gardiner
Week 5	Excursion to Perth Heritage Fire Station Kick Boxing – 45 Minute session	FESA Facilitator: Vivienne Gardiner
Week 5	Personal Health and Safety <ul style="list-style-type: none"> ➤ Mental Wellbeing ➤ Act, Belong, Commit 'ABC' ➤ Be Active Kick Boxing - 45 minute session	Women's Health Services Aboriginal Grandparents and Family Support Facilitator: Averil Scott
Week 6	Self Esteem and Motivation <ul style="list-style-type: none"> ➤ What is self esteem ➤ What motivates us in our relationships ➤ Moving forward – goals ➤ Inner strengths and supports ➤ Dealing with anger Kick Boxing - 45 minute session	Women's Health Services Aboriginal Grandparents and Family Support Facilitator: Averil Scott
Week 7	Services and facilities available within the Belmont and surrounding area <ul style="list-style-type: none"> ➤ Belmont Library ➤ Belmont Oasis ➤ Tomato Lake Kick Boxing - 45 minute session	Jacaranda Community Centre Facilitator/s: All Staff
Week 8	Kick Boxing – 45 min session Closure	Jacaranda Community Centre Facilitator/s: All Staff

