

LIFE SKILLS



FREE WORKSHOPS FOR YOUNG PEOPLE



SMART SKILLS - BUILDING YOUR MONEY SKILLS AND LITERACY

WEDNESDAY 30 SEPTEMBER

10AM – 12PM

FULLARTON PARK COMMUNITY CENTRE

FOR AGES 14 – 25 YEARS

In today's high cost of living, building financial skills is essential for all ages. This interactive Smart Skills workshop brings together young people to explore money mindset, budgeting, saving, and understanding tax and superannuation. Learn, share experiences, and connect - gaining practical skills and fresh perspectives to support your financial wellbeing. Facilitated by a Financial Literacy Educator at the Women's Legal Service SA.



THE SECRETS TO GETTING THAT JOB

WEDNESDAY 30 SEPTEMBER

1PM – 3PM

FULLARTON PARK COMMUNITY CENTRE

FOR AGES 14 – 25 YEARS

Learn how to prepare a resume/CV, cover letter and participate in interactive activities to practice a "mock job interview". Facilitated by Sasha Dragovelic, Founder & Entrepreneurial Educator at Futurepreneurs Academy.

SPECIAL REQUIREMENTS: BYO laptop or notebook. If you have a pre-prepared resume/ cover letter and would like it to be reviewed by our facilitator, but not a requirement.



NOURISH TO FLOURISH: EAT WELL, LIVE WELL

WEDNESDAY 7 OCTOBER

10AM – 1PM

FULLARTON PARK COMMUNITY CENTRE

FOR AGES 14 – 25 YEARS

Explore simple, affordable nutrition strategies to support everyday health and independence. Learn how food choices affect energy, mood, and focus, along with easy ways to plan meals and eat well on a budget. The session includes group discussion, reflection, and space for questions throughout. You'll also prepare a simple, healthy snack to take away, putting ideas into action. Facilitated by Michelle Gregory, Founder Elevate Capacity™, Nutritionist and Youth Educator.

SPECIAL REQUIREMENTS: An additional survey form must be completed prior to commencing this workshop.

Register at: unley.sa.gov.au/life-skills

