

# Training Workshops

## 2023

The City is committed to supporting community members and local community organisations working with or alongside volunteers. To assist you and your organisation with upskilling and development, the City is offering a range of free professional development opportunities. So, if you are a volunteer, a not-for-profit, community group, a sporting club or just simply work with volunteers, you are invited to attend any (or all) of the upcoming workshops.

The City aims to provide inclusive events wherever possible. To discuss any needs you may have to participate in any of these workshops please make note of these on registration. Registrations can be made by contacting the City on [customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au) or 9528 0333

### To find out more...

To find out more about other workshops offered through the Rockingham Youth Centre, Libraries or for Local Business, please visit the What's On calendar at [rockingham.wa.gov.au](http://rockingham.wa.gov.au)

**\*This flyer is current as of 1 August 2023**

Please use the guide to the right to assist you in selecting the workshops you wish to attend.

**NB:** Some workshops are limited to the target group and may not be available for all.

Purple		Volunteering and Community Groups
Blue		Sporting Clubs
Green		Mental Health
Orange		Grants
Red		Community Support
Navy		Seniors
Pink		Parents and Caregivers



[rockingham.wa.gov.au](http://rockingham.wa.gov.au)

## August 2023

### Volunteer Management



Rockingham Library  
Dixon Road, Rockingham

**Wednesday 2 August 2023**  
**9.30am – 12.30pm**

This free workshop covers the key principals for professional volunteer management including how to attract and retain the right people for your organisation, role descriptions and volunteer rights and responsibilities.

### Volunteers and the Working With Children Card



Gary Holland Community Centre  
19 Kent Street Rockingham

**Tuesday 8 August 2023**  
**9.30am – 10.30am**

Does your club, group or organisation require volunteers to have a Working With Children Card?

This free information session will help you understand how key changes to the legislation that have come into effect from 1 July 2023 may impact volunteers.

### Mental Health First Aid



Quest Rockingham Meeting Room  
22 Flinders Lane, Rockingham

**Tuesday 15 and Wednesday 16 August 2023**  
**9am – 4.30pm both days**

Learn life-saving skills to support someone who may be experiencing mental health distress. Suitable for all skill levels and community members aged 18 or older.

### Cyber Security for Seniors



Safety Bay Library  
197 Safety Bay Road, Safety Bay

**Tuesday 15 August 2023**  
**10am – 12pm**

A free relaxed information session to learn about latest scams, prevention measures and what to be aware of when online.

### President and Vice President Roles



Karak Room  
Baldivis Indoor Sports Complex  
Eighty Road, Baldivis

**Monday 28 August 2023**  
**6pm – 8pm**

Explore the roles and responsibilities for presidents and vice presidents of clubs and community groups.

Presented by JGC Group.

Each workshop has limited numbers and registrations are essential.

To register, please contact the City on

[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au) or **9528 0333**.



## September 2023

### Access and Inclusion Workshop



Rockingham Library  
Dixon Road, Rockingham

**Wednesday 13 September 2023**  
**9.30am – 12.30pm**

A unique workshop that provides relevant information, knowledge and skills to increase understanding, confidence and ability within participants to ensure equitable access and inclusion for people with disability.

### Talking About Mental Health



Warnbro Community Library  
Swallowtail Parade, Warnbro

**Monday 11 September 2023**  
**5.30pm – 7pm**

This short session by Lifeline discusses the facts and myths surrounding mental health and mental illness. Explore some of the stigma around mental health and find out more about the supports available for people you may be concerned for.

\* Please RSVP to the Library team on 9528 8577 or [wclcontact@rockingham.wa.gov.au](mailto:wclcontact@rockingham.wa.gov.au)

### Attention Deficit Hyperactivity Disorder (ADHD) Workshop



Mary Davies Library and Community Centre  
17 Settlers Avenue, Baldivis

**Wednesday 13 September 2023**  
**9am – 11am**

Parenting a child with additional needs can be challenging and specialised strategies are often needed. Learn strategies for parenting kids with ADHD and how to collaborate with your child's school.

### Cyber Security for Seniors



Mary Davies Library and Community Centre  
17 Settlers Avenue, Baldivis

**Wednesday 20 September 2023**  
**10am – 12pm**

A free relaxed information session to learn about latest scams, prevention measures and what to be aware of when online.

### Grant Writing



Gary Holland Community Centre  
19 Kent Street Rockingham

**Thursday 28 September 2023**  
**1pm – 4pm or 5.30pm – 8.30pm**

An insightful and informative step-by-step grant writing workshop. This workshop is aimed at both first time writers and those with more experience looking for a refresher. Leave the workshop with the tools you need to write your next successful grant application.

Each workshop has limited numbers and registrations are essential.

To register, please contact the City on

[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au) or **9528 0333**.





## October 2023

### Supporting Yourself and Others

Rockingham Library  
Dixon Road, Rockingham

**Saturday 7 October 2023**  
**9.30am – 11am**

Worried about the mental health of someone you know?

Presented by Lifeline, this workshop teaches basic skills when recognising signs of poorer mental health and wellbeing and how to check-in with others.

\* Please RSVP to the Library team on 9528 8683 or [rlcontact@rockingham.wa.gov.au](mailto:rlcontact@rockingham.wa.gov.au)

### Supporting Yourself and Others

Mary Davies Library and Community Centre  
17 Settlers Avenue, Baldivis

**Tuesday 10 October 2023**  
**10am – 11.30am**

Worried about the mental health of someone you know?

Presented by Lifeline, this workshop teaches basic skills when recognising signs of poorer mental health and wellbeing and how to check-in with others.

\* Please RSVP to the Library team on 9591 0800 or [mdlcccontact@rockingham.wa.gov.au](mailto:mdlcccontact@rockingham.wa.gov.au)

## Hello, This is Lifeline

### Life saving tips from Lifeline WA

Safety Bay Library  
197 Safety Bay Road, Safety Bay

**Saturday 14 October 2023**  
**10am – 11.30am**

What is short term crisis support and how do Lifeline crisis supporters empower help-seekers every day?

Lifeline WA believes each person is the expert in their own life. This presentation focuses on principles for having strength-based and supportive conversations rather than giving advice, and includes an example structure for debriefing with a peer or colleague.

\* Please RSVP to the Library team on 9528 8611 or [sbycontact@rockingham.wa.gov.au](mailto:sbycontact@rockingham.wa.gov.au)

## November 2023

### After the Birth of Your Baby Strategies for wellbeing and coping with stress



Secret Harbour Community Centre  
4 Oasis Drive, Secret Harbour

**Tuesday 7 November 2023**  
**9am – 11am**

Along with feelings of joy and excitement, it's also common to feel confused, fragile and uncertain after the birth of your baby. Learn positive parenting strategies and build a positive foundation for you and your baby.

Mums, Dads and primary caregivers are all welcome.

Each workshop has limited numbers and registrations are essential.

To register, please contact the City on

[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au) or 9528 0333.

