

MARIONLIFE 2017 SERVICE GUIDE

We are pleased to offer the following services through MarionLIFE in 2017:

MOPS (Mothers of Pre-Schoolers)	Free weekly bus to Foodbank
Brekky for Blokes	Financial and Budget Counselling
Community Garden	Velocity Youth Group (Friday nights)
Community Meal	Tax Help
Side Gate Cafe	Money Matters Course
MarionLIFE Youth (Friday After-School - NEW!)	Community Nurse
Emergency Relief	Weekly Coffee and Chat (NEW!)
Christmas Day Lunch	Big Dish Up Cooking Classes

For more information about each service please contact us by phone 8277 0304 or email info@marionlife.org.au. Our website is www.marionlife.org.au and you can follow us through our social media accounts at these links [Facebook](#), [Twitter](#) and [Instagram](#).

MEALS AT MARIONLIFE

Community Meal starts back 19 January and is on every 1st and 3rd Thursday night of the month at 6:30pm. All welcome, no booking required. Enjoy a two course meal cooked by creative chefs and only pay what you can afford.

Brekky for Blokes starts back 27 January and is on every 2nd and 4th Friday of the month at 9am. Great time out and a filling hot breakfast. All men welcome, no booking required. Gold coin donation.

MARIONLIFE YOUTH

The **'MarionLIFE Youth' Service will be a youth drop-in space for local 12-17 year olds** in our Youth Centre building between 3:30-5pm on Fridays during school Terms 1 and 2, 2017. We are working towards a **start date of 17 February** – promotional material will be circulated very soon. This service will include a safe 'hang-out' space with fun activities, life skills workshops and a healthy light meal. It will also provide the opportunity for young people to access information about other relevant support services depending on their needs. This youth project is funded through the City of Marion Youth Grants Program.

MONEY MATTERS

FREE six week course in mastering your money. Next course starts **Wednesday 15 February, 2017, 9:30AM-12:30PM**. Bookings essential through MarionLIFE: 887 Marion Rd, Mitchell Park or phone 82770304. **Contact us ASAP to register for this course.** Topics covered:

- How to save money
- Goal setting
- Assertiveness
- Getting organised
- Affirmations
- Scams and poverty traps
- Centrelink issues
- Family budgeting

This foundation skills course is funded through the Government of South Australia's *WorkReady* initiative.

VOLUNTEER OPPORTUNITIES AVAILABLE

All MarionLIFE services are made possible by volunteers generously giving their time and passion – **if you would like to volunteer in any of our services, please let us know!**

Our immediate need for volunteers is in our Community Garden. **Would you like to volunteer one or two mornings a week with our garden team?** Join the team to build friendships, learn and share gardening skills and work together to give back food to the community. Contact us by phone 82770304 or email info@marionlife.org.au to express your interest in becoming a volunteer with MarionLIFE.