

# COMMUNITY OUTREACH PROGRAMS

## THIS LIFE FOUNDATION

### OPPORTUNITIES FOR YOUNG PEOPLE

**This Life Foundation invites young people from African background to register for the mentorship opportunities available with us.**

Following months of consultations with young people from African background and their families, we have created

opportunities to provide support to young people dealing with social challenges and lacking moral support and the guidance they need in our

communities and the larger Australian society. Our findings shows that, a number of young people from African background struggle to fit in Australian society due to discrimination, lack of moral support, lack of information and inaccessible to services. It also shows a struggle with career choice and the general lack of motivation due to setbacks experienced as a result of discrimination and a feeling of lack of

belongingness. We have the opportunity to provide mentoring services to young people from African backgrounds. Our

Mentorship programs have been designed to ensure our clients have a one-on-one support from their assigned mentors. Our

mentors comprises of Volunteers with high level of skills and experiences in different fields. This is to ensure that every young people we work with is matched with the right person with the right skills and experience.

**We therefore invite application from young, please take advantage of this services by contacting us on email:**

[info@thislifefoundation.org](mailto:info@thislifefoundation.org)



### VOLUNTEER!!

We have volunteer opportunities for people who want to make a difference in the lives of young people. Before you apply, make sure you have the skills and experience required and that you have up to 4 hours a week to spare. To know more about the program and if you have the skills and experience required, please contact us on;

[info@thislifefoundation.org](mailto:info@thislifefoundation.org)

and we will get back to you as soon as possible.



## INTERNATIONAL WOMEN'S DAY CELEBRATION - NEWCASTLE



**Left to Right: Jan Pryor (The Didi Foundation), Olivia Kalule & Mercy Akongo (This Life Foundation) & Gloria Buttsworth (Days For Girls)**

This Life Foundation participated in the Central Coast International Women's Day Expo Seminar on the 7<sup>th</sup> March, held at the University of NewCastle, Ourimbah Campus. Our Director, Mercy Akongo was one of the speakers at this event which brought together many organizations working with women in development



## ENGLISH CLASSES



Improve your English!!

Classes	Days	Time	Cost \$
Beginners – Intermediate - Advanced	Every Tuesday	9:30 – 11:30 am	\$2

## PLAYTIME CAFE



Come, meet & Chat with new friends, enjoy morning tea & fun for the kids!



Day: Every Wednesday      Time: 9:30 – 11 am

Venue:      St Pauls Church 33 Church Street, Canterbury

**Contact:**      Jonathan      **Phone:**      0466352611

Thank you

Angella Haynes

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Email: [info@thislifeoundation.org](mailto:info@thislifeoundation.org)

[www.thislifeoundation.org](http://www.thislifeoundation.org)



This Life Foundation is a non-governmental body founded to support young African-Australians who lack role models in their lives and those dealing with social problems that is affecting their personal development, growth and contribution to the development of Africa and Australia. We also support child-headed families in Uganda specifically those affected by the civil war in Northern Uganda and families affected by HIV/AIDS through mentorship, Family sponsorship, psychosocial support, and public advocacy.