

CREATE MOMENTUM!! KICKSTART YOUR FUTURE WITH A FREE *Cert II*

CERTIFICATE II IN SKILLS FOR WORK AND VOCATIONAL PATHWAYS

Momentum Mental Health has partnered with Aurora Training Institute and Vanguard Laundry to bring you a brand-new opportunity to build confidence, grow your skills, and take the next step in life or work. **This Skilling Queenslanders for Work project is proudly funded by the Queensland Government.**



Time commitment

10 weeks

Each week:

- 1 x four hour session – Foundation Skills session by Aurora training (TUESDAYS 9am – 12pm) followed by Job Club 12pm– 1pm (lunch provided).
- 1 x two hour session – Foundation Skills session by Aurora training (THURSDAYS 12pm – 2pm) (Lunch provided)
- 1 x two-hour session of life skills on a day of your choice (participate in a group session. E.g. cooking /art therapy/ journaling/macramé/ meditation etc)

Location



Onsite at Momentum Mental Health,
112 Russell Street, Toowoomba

NEXT COHORT
STARTING TUES,
13 JANUARY 2026

SCAN THE QR
CODE TO SIGN
UP

Go to: <https://forms.office.com/r/dmdPmR6fWC>
email: admin@momentummentalhealth.com.au

