

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.)

SCAN THE
QR CODE
TO SIGN
UP



How to Sign Up

We are currently accepting Expressions of Interest for 2026 cohorts.



Phone Momentum Mental Health

07 4632 4688



Email

admin@momentummentalhealth.com.au



Online form

Go to:

<https://forms.office.com/r/dmdPmR6fWC>



112 Russell Street
Toowoomba 4350

www.momentummentalhealth.com.au



Aurora
TRAINING INSTITUTE



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.



SCAN THE QR
CODE FOR
MORE
INFORMATION

Skilling Queenslanders for Work

PROUDLY SUPPORTED BY THE QUEENSLAND GOVERNMENT

Momentum Mental Health, in partnership with Aurora Training and Vanguard Laundry, is thrilled to deliver a free Certificate II in Skills for Work and Vocational Pathways. This program is designed to build confidence, foundational skills, and employability, while providing a supportive and inclusive environment to help people succeed in work and life.

Location: 112 Russell Street, Toowoomba QLD 4350

Participants also have the opportunity for a 12-month paid placement with Vanguard Laundry following course completion, providing real-world experience and a pathway to sustainable employment.

Why This Program Matters

Access to high-quality foundation skills training is vital to breaking cycles of poverty, unemployment, and disadvantage. By integrating skills training with Momentum Mental Health's wellbeing programs, participants gain both employability and life skills, building resilience, confidence, and long-term personal and professional success.

Our Wellbeing Coaches use the evidence-based "5 Ways to Wellbeing" framework to guide participants in building habits that support emotional, social, spiritual, and psychological health.

Program Structure 10 Weeks

Foundation Skills (Aurora Training)

- Literacy, numeracy, digital capability, and workplace readiness
- Job preparation topics such as goal-setting, communication, stress management, mental health in the workplace, boundaries, and self-compassion

Life Skills & Wellbeing Sessions

- Practical, creative and wellbeing-focused activities such as cooking, art therapy, journaling, macramé, meditation, and gardening
- Reflection sessions at weeks 3, 6, and 10 to consolidate learning
- Evidence-based strategies aligned with the *5 Ways to Wellbeing*

Post-Program Support

- 3 months of 1:1 coaching to assist with job applications, interviews, and workplace integration
- Graduation ceremony to celebrate achievements

Pathway to Employment

Graduates are referred to Vanguard Laundry for a 12-month paid placement, providing hands-on experience, industry skills, and a structured pathway into meaningful employment. Referral pathways include Momentum clients and Vanguard Laundry clients, ensuring support reaches those who will benefit most.

Who This Program Supports

This program is designed for individuals facing barriers to employment, including but not limited to:

- **Young people aged 15–24 years**
- **Psychological well-being**
- **Women re-entering the workforce**
- **Recently released prisoners and at-risk youth and adults**
- **People with disabilities**
- **Mature-age job seekers (45+)**
- **Disadvantaged job seekers**
- **Individuals aged 16+ experiencing poor mental health or psychosocial wellbeing**

