

Employment Support for Women in Canberra

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Job Readiness & Work Experience

Workforce Australia – Employment Services

Workforce Australia connects job seekers with local employment services, training, and support. Women can get help with resumes, interview skills, job searching, and referrals to programs like Disability Employment Services or Indigenous-specific support. Services are free and available online or through local providers.

 <https://www.workforceaustralia.gov.au>

Work Experience and Support (WES)

Free office skills training and work placement in ACT Government for culturally and linguistically diverse women. This program helps build confidence and workplace experience in a supportive environment.

 <https://www.act.gov.au/work-with-act-government/work-experience-and-support>

Stepping Stone – Brighter Women Program

Supports migrant and refugee women with training, hospitality skills, and community connection. Helps participants overcome barriers to employment and build financial independence.

 <https://steppingstones.org.au>

Canberra Refugee Support (CRS)

Friendly volunteers help refugees and asylum seekers settle into the community. They offer support with finding work, driving lessons, and school costs.

 <https://canberrarefugee.org.au>

Workforce Australia – Indigenous Employment Services

ACT residents can access Indigenous-specific employment services through Workforce Australia. These include help with job searching, resume writing, interview preparation, and connecting with culturally safe employers.

 dewr.gov.au/support-aboriginal-and-torres-strait-islander-peoples

Asuria

Asuria will connect you with a mentor who will get to know the ‘real you’. They will help you connect with employers who may be looking for people with the skills, experience and interests that you have. Asuria will assist you on the road and journey towards a job that suits your experience and skills, and you will value for the long term.

 [Asuria: Assured People Services](#)

Education & Training

Fee-Free TAFE – Canberra Institute of Technology

This program offers free training for eligible Canberrans who want to learn new skills, retrain, or upskill. Courses are available in areas like nursing, accounting, project management, IT, English language, and construction. Women experiencing financial hardship or entering non-traditional fields are especially encouraged to apply. Places are limited, so early application is recommended.

 cit.edu.au/study/fee-free-tafe

Canberra Institute of Technology (CIT) – Course List

CIT offers over 250 practical courses in areas like health, trades, business, IT, and community services. Courses are available full-time, part-time, online, and in flexible formats to suit different life situations. CIT also offers support services, fee assistance, and culturally safe learning environments.

 cit.edu.au/courses

CIT Yurauna Centre

Provides culturally safe training and career guidance for Aboriginal and Torres Strait Islander women. Offers tailored courses and support to help women grow in confidence and skills.

 <https://cit.edu.au/yurauna>

Navitas AMEP – Free English Classes

Provides up to 510 hours of free English lessons for eligible migrants and refugees. Learn speaking, reading, writing, and Australian culture to support settlement and employment.

 <https://www.navitas-skilled-futures.com.au>

MARSS – Education, Training & Employment

Offers free English classes, accredited and non-accredited training, and employment support for migrants and refugees. Helps clients build skills and find meaningful work.

 <https://marss.org.au/education-training-employment/>

Clemente Program – Free Tertiary Education

Supports adults who've had setbacks in education with free university-level classes. Offers a flexible and supportive learning environment to help re-engage with study.

 <https://www.vinnies.org.au/act-surrounds/find-help/education-programs-act-surrounds/clemente-education-program>

Skills & Confidence Building

ACE Skills for Life – Woden Community Service

Free 4–6-month program to build language, literacy, and numeracy skills. Delivered in a supported learning

environment to help participants prepare for further study or work.

 <https://www.wcs.org.au/services/community-services/ace-skills-for-life/>

Capital Region Community Services – Brighter Futures

Provides foundational skills training and job support for young women aged 17–24. Helps participants overcome barriers to education and employment.

 <https://crcs.com.au/programs-and-services/youth-services/bridge-to-brighter-futures/>

Skills for Education and Employment (SEE) Program

A free Australian Government program that helps eligible people improve their reading, writing, maths, and digital skills. Training is flexible, delivered in classrooms, online, or in workplaces, and can be full-time or part-time. SEE helps build confidence, prepare for jobs, and support everyday tasks like filling out forms or reading to children.

 dewr.gov.au/skills-education-and-employment

MARSS – Learn to Drive Program


Helps migrants and refugees gain the skills and confidence to get their ACT driver’s licence. Lessons are delivered by culturally aware instructors, with income-based pricing and support in multiple languages.

 marss.org.au/driving-programs

Disability Employment Services (DES)

DES helps people with disability, injury, or health conditions prepare for, find, and keep a job. Services include help with resumes, interview skills, job searching, and workplace support. You can also get help through the Work Assist program if you're struggling in your current job due to your condition.

 dss.gov.au/disability-employment-programs


 1800 464 800

Other Helpful Services

Canberra City Care – Tech Shed

Offers affordable refurbished computers and technical support for low-income earners, including women returning to work or study. Packages start from \$165 and include a monitor, keyboard, mouse, and warranty. The Tech Shed also provides virus removal, data backup, and repair services.


 canberracitycare.org/tech-shed

 (02) 6196 8630

Libraries ACT

Free access to internet, printing, books, and help with job searching and computer use. Staff can assist with reading, writing, and using technology.

 <https://www.library.act.gov.au>

 13 22 81

Overseas Qualification Assessment


Helps you get your overseas qualifications recognised in Australia. Useful for finding work or continuing education.

 <https://www.act.gov.au/community/multicultural-communities/overseas-qualification-assessment>

Help us keep this information up to date

If you notice anything missing or incorrect in this handout, please contact the ACT Office for Women. Your feedback helps us make sure women in Canberra get the right support.

 women@act.gov.au

 (02) 6205 0215

Disclaimer

This handout is from the ACT Office for Women (ACT Government). It lists different services to help you find support more easily. Some services are run by the ACT Government, some by the Australian Government, and some by other organisations. We include them for your convenience, but this does not mean the ACT Government recommends or pays for all of them. There may be other services out there that are not listed here. Please choose what works best for you and check each service to make sure it suits your needs.