

Refugees and Asylum seekers

Group

Group work will focus on building strong roots into local communities and developing a sense of belonging and connectedness. Through group activities individuals will be able to build a greater sense of well-being through positive engagement and relationships.

Key goals:

ADULTS:

- Cultural role adaptation and assimilation into Australian culture
- Navigating through role changes, environmental barriers and life skills
- Developing strategies to manage transition changes and adjustment
- Helping to deal with anxiety, trauma and loss
- Promoting re-settlement

CHILDREN:

- Develop life skills to adapt to new culture, school,
- Navigating their stories to Australia, enabling exploration through trauma and loss
- Implementation of strategies to manage transition changes and adjustment through fun activities and play
- Assistance for school readiness



Groups run every term, please contact our office for more information on time and costs.