
SETTLING IN

A Group for Newly Arrived Refugee and Migrant Students

ORDER FORM

Settling In. A Group Program for Newly Arrived Refugee and Migrant Students is produced in binder format and contains:

- **A helpful introduction on how to implement the program**
- **Detailed session outlines covering:**
 1. Introduction to the program and getting to know each other
 2. Feelings about resettlement
 3. Likes and dislikes about Australia and country of origin
 4. Dealing with anger
 5. Anxiety and depression
 6. People and places that can help
 7. Settling goals
 8. Problem solving
 9. Self esteem and personal strengths
 10. Review and closure
- **Relaxation scripts**
- **Evaluation sheets**
- **Handouts for activities in the sessions**
- **Translations of selected handouts in the following languages:**
Arabic, Bosnian, Chinese, Croatian, Dari, Farsi, German, Hindi, Indonesian, Khmer, Korean, Lao, Russian, Samoan, Serbian, Somali, Spanish, Tamil, Vietnamese.

Sheets are removable for photocopying by group facilitators.
Additional handouts can be inserted as they become available.

TO ORDER your copy of "Settling In", simply fill out the order form and send it or fax it with your cheque or money order to:

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