

What participants say about Families in Cultural Transition (FICT)

I learned many things. The importance of living well with my children, how to use money, advice in terms of improving life in Australia. The most important being how to raise our children in Australia and take care of their needs in all aspects.

Congolese woman

We are people who have been affected by war, but because we all meet together we feel like what's happening in our hearts we can share.

Tamil man

Emotionally I feel better. I came for 9 weeks and every week I learned a new thing. I used my brain during the workshop – that was the important thing for me. I learned from others, listened to them and shared my experiences as well. That is the main thing and I feel really happy.

Hazara woman

About STARTTS

STARTTS is a specialist, not-for-profit organisation that was established in 1988. It provides culturally relevant psychological treatment and support, and community interventions, to help people and communities heal the scars of torture and refugee trauma and rebuild their lives in Australia. STARTTS also fosters a positive recovery environment through the provision of training to services, advocacy and policy work.

www.startts.org.au

Contact us

HEAD OFFICE
CARRAMAR

152-168 The Horsley Dr
Carramar NSW 2163

Ph: (02) 9646 6700 | (02) 9646 6800 (Referrals)

OTHER OFFICE LOCATIONS

| | |
|-----------|---------------|
| Albury | Armidale |
| Auburn | Coffs Harbour |
| Blacktown | Newcastle |
| Fairfield | Wagga Wagga |
| Liverpool | Wollongong |

Go to www.startts.org.au/contact/ for office location details.

STARTTS also provides counselling and other types of services at outreach locations in Sydney and across NSW such as Bankstown, Parramatta, Dee Why, Lakemba, Penrith, Campbelltown, Rockdale, Tamworth, Griffith and Albury. These locations change according to the needs of our clients. Please contact STARTTS for further information.

NSW Service for the Treatment
and Rehabilitation of Torture
and Trauma Survivors



Living in Australia Families in Cultural Transition

A group based program
to support people from
refugee backgrounds
with their new life
in Australia.

Living in Australia

Families in Cultural Transition (FICT)

What is FICT?

A program to help refugees meet and exchange ideas with other people from their community on how to:

- deal with changes in family relationships
- improve relationships with your children
- easily understand Australian systems and way of life
- deal with practical issues like budgeting, using interpreters & seeking employment

How is FICT delivered?

STARTTS recruits, trains and supports Bi-cultural Facilitators who speak, read and write English and another community language. The facilitators are experienced in running groups for adults.

Bi-cultural Facilitators bring participants from their community together to take part in FICT modules in community locations. Each session is 3 hours long and is delivered at a time and place to suit participants.

Free childminding and food are provided at each FICT group and participants get a certificate of attendance at the end of the program.

The FICT Modules

Introduction and settlement
Support systems
Money
Trauma and healing
Families
Children
Gender
Youth
Employment
Enjoying the new environment
Re-connecting with our Children



By sharing experience and knowledge, people help each other settle into life in Australia.