

Washiriki wanachosema kuhusu Familia katika Mabadiliko ya Utamaduni (FICT)

Nimejifunza mambo mengi. Umuhimu wa kuishi vizuri na watoto wangu, jinsi ya kutumia pesa, ushauri kuhusu kuboresha maisha nchini Australia. Umuhimu kuliko wote ni jinsi ya kulea watoto wetu nchini Australia na kutunza mahitaji yao yote.

Mwanamke wa Kongo

Sisi ni watu ambao tumeathirika na vita, bali kwa sababu tunakutana pamoja tunahisi kama tunaweza kushiriki inachotokea moyoni mwetu.

Mwanamume wa Tamil

Kwa hisia nahisi vizuri zaidi. Nilikuja kwa muda wa wiki 9 na kila wiki nilijifunza kitu kipya. Nilitumia ubongo wangu wakati wa warsha – hiyo ilikuwa muhimu kwangu. Nilijifunza kutoka watu wengine, kuwasikiliza na kushiriki uzoefu nao pia. Hii ilikuwa jambo kuu na nahisi nafurahi sana.

Mwanamke wa Hazara

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

P: (02) 9646 6700

P: (02) 9646 6800 (Referrals)

F: (02) 9646 6710

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.

SWAHILI

Huduma kwa Tiba na Kuwezesha Kuishi Maisha ya Kawaida kwa Wenye Kuokoa Kiwewe na Mateso



Kuishi nchini Australia

Familia katika Mabadiliko ya Utamaduni
(Families in Cultural Transition – FICT)

Mradi wa vikundi kusaidia watu wenye usuli wa kimbizi na maisha mapya nchini Australia.

Kuishi nchini Australia

Familia katika Mabadiliko ya Utamaduni (FICT)

FICT ni nini?

Mradi wa kusaidia wakimbizi kukutana pamoja na kubadilishana mawazo na watu wengine kutoka jamaa kuhusu jinsi ya:

- kushughulikia na mabadiliko katika uhusiano wa familia
- Kuboresha uhusiano na watoto wako
- Kufahamu kwa rahisi mifumo ya Australia na njia ya kuishi
- Kushughulikia na masuala ya utendaji kama kufanya bajeti, kutumia wakalimani na kutafuta kazi.

FICT inatolewa kwa njia gani?

STARTTS inapata, kufunza na kusaidia Wasaidizi wa Utamaduni Mbili wanaosema, kusoma na kuandika Kiingereza na lugha nyingine ya jamii. Wasaidizi wanazoea kuendeleza vikundi kwa watu wazima.

Washiriki wa Utamaduni Mbili wanaleta washiriki kutoka jamii yao pamoja kushiriki na sehemu za FICT katika mahali pa jamii. Kila kikao ni kwa muda wa masaa 3 na kinatolea wakati na mahali panapofaa kwa washiriki.

Utunzaji wa watoto na chakula bila malipo unatolewa kwa kila kundi la FICT na washiriki hupata cheti cha kushughulikia mwishoni wa mradi.

Sehemu za FICT

- Utambulisho na makazi
- Mifumo ya msaada
- Pesa
- Mateso na kupona
- Familia
- Watoto
- Jinsia
- Vijana
- Ujira
- Kufurahi na mazingira mapya
- Kuunganisha tena na Watoto wetu



Kwa njia ya kushiriki uzoefu na ufahamu, watu wanasaidiana kuzoea maisha nchini Australia.