ASeTTS
Assisting Torture
and Trauma Survivors

Woba warigeze, canke umuntu uzi yaba yarigeze:

- Kubaho ubudahengesha mubwoba n'ugutotezwa.
- Kwirabira abagize umuryango bagirirwa nabi, bafatwa kunguvu canke bicwa.
- Guhunga aho wamye mubwoba kugira batakwica, akenshi ugasiga abiwawe canke abiwanyu.
- Kwihanganira ubukene n'ibifungurwa bikenya munkambi imyaka minshi.
- Gutura mugihugu gishasha udafise inshuti, umuryango kandi urwana n'ururimi rushasha n'imicho mishasha.

Nimba ar'uko, **ASeTTs** ishobora kugufasha. **ASeTTS** itanga infashanyo kumpunzi zahuye n'ugutotezwa canke uguhababuka, itaraba ibara ry'urukoba, idini canke politiki umuntu yemera.

Kugira ngo urungike umuntu, uwirungike ukwawe canke kugira urondere gutahura ivyo **ASeTTS** ikorera abantu, uhamagare izi nomero: 9227 2700, kandi ubaze umukuru uri kukazi, aba ariho kuva isaha zitatu zamugatondo kushika isaha icumi n'igice z'okumataga, kuva kumunsi wa mbere gushika kumunsi wa gatano.

Parking aho bishura amahera iri kuri Stirling Street naho baparika imiduga kuri Brisbane Street.

Amabasi 21, 60,66,67,68,69 na 401 araja kuri **ASeTTS** avuye kuri basi stop yo kuri Museum kuri Beaufort Street.

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UGUFASHA ABAROKOTSE UGUTOTEZWA N'UGUHABABUKA KUVA KUGUTOTEZWA

Ivyo ASeTTS ikorera abantu

ASeTTS
Assisting Torture
and Trauma Survivors

IBIKORWA VY'UGUTANGA IMPANURO

Association for Services to Torture and Trauma Survivors - ASeTTS - itanga impanuro n'infashanyo ku mpunzi kuva ryemerewe mubutegetsi mu mwaka wa 1992.

ASeTTS ikorera bantu bava mu migenzo itandukanye ibikorwa vyinshi ikoresheje abakozi binararibonye. ASeTTS ikoresha abakozi bazi indimi zibiri n'abasemuzi igihe bakenewe.

Impanuro irahabwa ukubantu umwe-umwe, kumirwango n'ukuturundo twa bantu kubera ingorane ziva kugutotezwa n'ukuguhababuka vyabashikiye umugihugu bavamwo, igihe bahungiraga muguhigu cambere cabakiriye nk'impunzi canke igihe bari bafunzwe.

IMPANURO N'IKI?

Impanuro ifasha abantu kuyaga ku ngorane n'amagume yabo kugira boroherwe kandi bakumva bashobora kuyobora ubuzima bwabo neza. Impanuro ifasha abantu kumva bongeye gukomera, kumva bafise amahoro n'uguhimbarwa n'ubuzima n'imibano byiza. Abakozi ba ASeTTS bakoresha "urugero rw'ukworoherwa" rubaha amateka y'abantu n'ivyo bachiyemwo rukanabafasha kwongera kuronka inguvu, ibuhinga n'ukumva badatinya kumbure bakomeye.

Abatanga impanuro baka naserukira abantu bakora kuri ASeTTS baba batojwe inyigisho zihambaye bakagira ubuhinga butuma bafasha abantu. Impanuro zitangwa umuburyo bwinshi, akarorero nku kuyaga, gutega yombi, ukushushanya, ukurondera kutahura indoto, ukwandika canke ukutanga inkuru ndangura mateka n'ukusigura. Ntabwo uzosabwa kukora ikintu kigutera ubwoba canke udakunda.

KUKI UGOMBA GUHANURWA?

Abantu bataribake basanga ukuyaga n'umuntu utanga impanuro bifasha kusigukirwa ivyo bachiyemwo n'ibyiyumviro vyabo vyukumutima kandi birabafasha gutorera inyishu ingorane zabo. Impanuro itangwa kuri ASeTTS ishobora kugira akamaro nimba wibwirako ingorane zawe ziva kuvyo wachiyemwo utotezwa, kuntambara, uku girirwa nabi n'abasoda, abagarariji canke abategetsi bigihugu, ugutwarwa ku nguvu, ugufungwa canke ibindi bintu bitari vyiza canke biteye ubwoba wachiyemwo.

Kumbure birasanzwe kubantu baciye mumagume bakanarokoka guhwana n'ingorane bwite z'okubana n'abandi bantu canke n'abagizumuryango.

Akarorero kizongorane zisanzwe ni nka:

- Itiro ryi biche biche
- Ibyiyumviro n'ukwibuka ibintu umuntu atifuza
- Ishavu rihambaye
- Ukumva ushavuye kenshi
- Ukumva ufise ubwoba kandi utazi impavu
- Ukumva utarondera kuja ahari abandi bantu
- Ukutarondera kwibutswa ivyakubayeho
- Ukutarondera kurya
- Umutima ukadihadiha kandi umubiri ukabira ivyuya (vitaturuka kundwara muganga yogusigurira)
- Ukunanirwa kugumya ibitekerezo kukintu kimwe
- Ingorane mu muryango
- Ukunanirwa kwiga canke ukwibuka

Nimba ufise ibyiyumviro vyumutima bitagumye canke bihugumba kubera imwe muri izo ngorane ningombwa kuyaga n'umuntu utanga impanuro. Abakozi ba ASeTTS bazi yuko binanira abantu batari bake kuyaga n'umuntu babonye ubwa mbere mugabo bazogufata neza cane n'icubahiro kinshi n'ubugwa neza.

UKUGUMA KWIBANGA

Ivyo bazogukorera bizoguma ari ibanga. Ivyo bishaka kuvuga yuko amateka yawe ntazokwigera amenyeshwa uwundi muntu nimba utatanze uruhusha ceretse itegeko ribisaba. Umusiguzi wese uzokorana na ASeTTS araboshwe n'iryo tegeko risaba kuguma kwibanga.

KWITOTOMBA

Nimba udashimiye ingene bagufasha canke udashimiye umukozi, ufise ubutware bwukwitotomba canke gusaba ko baguhindurira umukozi. Ushobora kuyaga kuri iyo ngorane n'umukozi canke usabe kubonana n'umukuru wabakozi.

INGENE YUKUTUBONA

Kuri ASeTTS, tukorana n'abantu canke n'uturundo tw'abantu bakeneye infashanyo tutarabye igihugu bavamwo, amashaka ya politiki bakunda canke ukwizera kwabo.

Ntamahera twishuza abantu kubera ivyo tubakorera.

Nimba urondera amakuru canke kubonana n'umuntu utanga impanuro, uhamagare ASeTTS kuri 08 9227 2700. Ushobora kuhamagara TIS kuri 131450 kugira bakuhamagarire ASeTTS. Ama form yukurungika umuntu uku mashirahamwe yomufasha arahari kuri website ya ASeTTS: www.asetts.org.au