asetts
rebuilding lives together

Families in Cultural Transition Program (FICT)

Settlement in a new country is filled with new experiences, some are pleasant and some are confusing and frightening. Sometimes people feel very isolated.

The **Families in Cultural Transition (FICT)** program at ASeTTS helps people settle into their new communities by providing education and information about the new Australian way of life, so that they can adjust more quickly to their new home.

Each program consists of 5-6 weekly interactive workshops with 13 modules available to choose from:

1. Using the internet
2. Money
3. Trauma and Healing
4. Positive Parenting and Effective Communication
5. Gender and Domestic Violence
6. Youth and their Identity
7. Children and their Needs
8. Nutrition
9. Aboriginal History and Culture
10. Australian Government and the Legal System
11. Introduction to Australian Education System
12. Civic Participation
13. Human Rights and Justice

The groups work to develop friendships and contacts to help reduce isolation and build resilience.

Humanitarian entrants and other vulnerable migrants who have been in Australia for 5 years or less are eligible to be referred to the FICT program.

Referrals can be made online asetts.org.au. In the additional information section please write 'FICT Program'.

For questions please call ASeTTS **9227 2700.**

Association for Services to Torture and Trauma Survivors (ASeTTS)

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