



Eastern Multicultural News

A.B.N. 27 084 251 669

EDITION 154 –February 2016

MIC NEWS

MIC Ringwood Office

The Migrant Information Centre has opened a new office at 1-3 Pitt Street, Ringwood. The office is open 9am to 5pm Tuesday to Friday. For further information or to make an appointment, please call the Ringwood office on 9870 1351.

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After Hours Health Services

The Migrant information Centre is delivering information sessions on after hour's health services. The sessions will be delivered to a number of communities including Arabic, Chinese, Falam Chin, Hakha Chin, Iranian, Karen and Zomi communities. The sessions will include information on the range of After Hours Health Services and which one is best to call dependent on the nature of the services you are seeking.

For further information please contact Sophie McKenzie on telephone 9285 4888 or Email smckenzie@miceastmelb.com.au.

This program is funded by the Eastern Melbourne Healthcare Network

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Arabic Speaking Women's Social Group

The Migrant information Centre in partnership with Benevolence Australia has established a social group for Arabic speaking women residing in Manningham. Arabic speaking women are welcome to join the group to meet other women and enjoy fun activities together.

The group meets on Tuesdays from 11am to 1pm at Benevolence House, 125 George Street, Doncaster.

For further information please contact Mervat Dahdoule on telephone 9285 4888 or Email mdahdoule@miceastmelb.com.au.

The program is funded by the Department of Health

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Chinese Grandparents Playgroups

The Migrant Information Centre in partnership with Connections is facilitating two playgroups for Chinese grandparents – one in Mitcham and the other in Mount Waverley. The groups provide an opportunity for grandparents and their grandchildren to come together, have fun and learn through play. Snacks are provided and the playgroups are free.

The Mitcham playgroup is held every second Tuesday between 10.45am to 12.15pm at Mitcham Community House, 19 Brunswick Road, Mitcham and the Monash playgroup is held every second Tuesday at 10.30am to 12pm at St John's Uniting Church, 37 Virginia Street, Mount Waverley. The Monash group will recommence on Tuesday 16th February 2016 and the Whitehorse group commenced on the 9th February 2016.

For further information, please contact Amber Huang on phone 9285 4888 or Email ahuang@miceastmelb.com.au.

The playgroups are jointly funded by the City of Whitehorse Community Grants Program, City of Monash Community Grants Program and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Come and Play – Multicultural Playgroups

The Migrant Information Centre is facilitating three multicultural playgroups. The groups provide an opportunity for parents and carers of pre-school aged children to come together for singing, stories, crafts, dancing, cooking and fun. Snacks are provided and the playgroups are free.

The playgroups are held at 1.30pm to 3.30pm on Tuesdays at Pembroke Primary School, Pembroke Road, Mooroolbark and Fridays at 10.30am to 12pm at Central Ringwood Community Centre, Bedford Park, Ringwood and at 1pm to 2.30pm at Croydon Uniting Church Hall 6 Tallent Street, Croydon.

For further information, please contact Niquita Meyers on phone 9285 4888 or Email nmeyers@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Computer Classes for the Chinese Seniors in Whitehorse

The Migrant Information Centre is facilitating computer classes for Chinese seniors residing in the local government area of Whitehorse. Participants will learn basic computer skills including accessing the Internet, setting up and using Emails.

The 12-week program will introduce participants to a range of computer technologies to help them stay better connected and informed about aged care services and support. No prior computer knowledge is required.

The program will commence on 23rd February at 3pm to 4.30pm in the Computer Room at the Box Hill Town Hall Hub, 27 Bank Street, Box Hill.

For further information, please contact Stephen Yang on telephone 9285 4888 or Email syang@miceastmelb.com.au.

This program is funded by the City of Whitehorse Community Grants program 2015/2016

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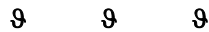
Cool Kids and Rainbows Program

The Migrant Information Centre is holding two Cool Kids and Rainbows programs commencing in mid-February 2016. The sessions will be held on Mondays and Tuesdays for six weeks between 4pm to 6pm.

The program supports the settlement of young refugee children aged 5 to 12 years. The program assists children to identify feelings including anger, worry and grief and loss and to develop strategies to cope with feelings and bullying.

For further information, contact Diana Campbell on 9285 4888 or Email dcampbell@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Employment Support

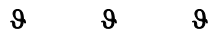
The Migrant Information Centre is assisting newly arrived refugees and family migrants from countries where English is not the first language to find appropriate training and/or employment. The assistance is provided through one-on-one casework, job readiness group programs and information sessions about specific industries.

Caseworkers provide advice on career pathways and assistance to clients to look for work, write resumes and apply for jobs.

A group session on interview skills will be held at 10am to 3pm on Tuesday 23rd February 2016 at the Town Hall Hub, 27 Bank Street, Box Hill.

For further information, please contact Mehul Patel, Rebecca Dunsdon or Sophie McKenzie on 9285 4888 or Email mpatel@miceastmelb.com.au or rdunsdon@miceasmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

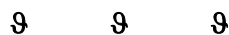


Family Relationships Programs for the Falam Chin and Karen Communities

The Migrant Information Centre is holding two family relationships programs - one with the Falam Chin and the other, the Karen communities. The program is held over eight sessions including two sessions at a family camp.

The program works with participants to strengthen their understanding of healthy family relationships. For further information please contact Barbara Laug on telephone 9285 4888 or Email blaug@miceastmelb.com.au.

These programs are funded by the Office of Multicultural Affairs and Citizenship Refugee Action Program.

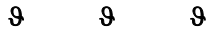


Information Session for the African Community

The Migrant Information Centre is holding an information session for the African community on using Myki. The session will be held on the 18th March at 6pm to 8pm in Room B, 27 Bank Street, Box Hill.

For further information, please contact Saturnino Onyala on telephone 9285 4888 or Email sonyala@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Information Sessions for the Chinese Community

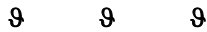
The Migrant Information Centre facilitates information sessions for Chinese groups within the Eastern Region.

Details for upcoming sessions are:

- Rowville Library on 25th February on services for older people between 10.30am to 12.30pm
- Box Hill Town Hall Hub on 26th February on Cancer Screening between 1pm and 3pm
- Pines Senior Citizens Centre on 1st March on Bladder and Bowel health
- Mt Waverley Community Centre on 8th March on strategies to prevent some cancers
- Camberwell Chinese Group on 17th March on Australian Culture

For further information, please contact Amber Huang or Steven Yang on 9285 4888 or Email ahuang@miceastmelb.com.au or syang@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



MIC Volunteers Wanted

The MIC is seeking volunteers to assist with a range of programs including the Community Visitors Scheme (CVS) program, homework tutors, mentor drivers, playgroup facilitators, holiday program activities, excursions and assistance for individuals and families.

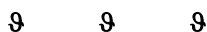
The Community Visitors Scheme links volunteers to culturally and linguistically diverse (CALD) recipients of Home Care Packages and Australian Government subsidised aged care home residents identified by their aged care provider as being at risk of or experiencing social isolation.

Other opportunities enable volunteers to share their life skills and knowledge to promote the settlement of newly-arrived migrants and refugees including adults, youth and children.

All MIC volunteers have reference checks, Police and Working with Children Checks and training and ongoing support is provided to ensure that the needs of both volunteers and clients are met.

For further information about volunteering opportunities offered at the MIC, please contact Mervat Dahdoule on 9285 4888 or email mdahdoule@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Multicultural Arts Project “Our Story for Our Children”

The Migrant Information Centre in partnership with Wesley is facilitating an art therapy program for parents and children from Burma who attend our playgroup in Ringwood.

The project will provide an opportunity for creative expression to tell their stories about their journey to Australia and to create a work of art that can be publicly displayed in Maroondah.

The project will commence at 10.30am to 12pm on the 19th February 2016 at the Central Ringwood Community Centre, Bedford Road, Ringwood.

For further information, please contact Sophie McKenzie on telephone 9285 4888 or Email smckenzie@miceastmelb.com.au.

This project is funded by Office of Multicultural Affairs and Citizenship, Strengthening Multicultural Communities Grants Program 2015/2016

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Pakistani Women's Group

The Migrant Information Centre is facilitating a group with women from Pakistani backgrounds. The group provides an opportunity for women to socialize, learn English and participate in craft activities.

The group meets every Monday during school terms at 5pm to 7pm at the Nunawading Community Centre, Silver Grove, Nunawading.

For further information, please contact Sarah Nichols on telephone 9285 4888 or Email snichols@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Sewing Program for Hakha Chin Women

The Migrant Information Centre is facilitating a sewing program for women from Hakha Chin backgrounds. The aim of the group is to bring socially isolated women together and increase their sewing skills so they can make clothes for themselves and their family.

The group meets weekly during school terms at 5pm to 7pm at the Ringwood Uniting Church, Corner Station Street and Greenwood Avenue, Ringwood. The next meeting of the group Monday 22nd February 2016.

For further information, please contact Khuang Mang on 9285 4888 or Email kmang@miceastmelb.com.au (Mondays and Tuesdays).

The program is funded by the Office of Multicultural Affairs and Citizenship Refugee Action Program.

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Social Group for Hakha Chin Seniors

The Migrant Information Centre is facilitating a social group for older people from Hakha Chin backgrounds. The aim of the group is to bring socially isolated older people with low English language proficiency from Hakha Chin backgrounds together for recreational activities and information sessions on services and how they can access them.

The group meets monthly at 4pm to 6pm at the Ringwood Uniting Church, Corner Station Street and Greenwood Avenue, Ringwood. The next meeting of the group will be held on the 8th March 2016.

For further information, please contact Khuang Mang on 9285 4888 or Email kmang@miceastmelb.com.au (Mondays and Tuesdays).

The program is funded by the Office of Multicultural Affairs and Citizenship Refugee Action Program.

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Social Group for Zomi Seniors

The Migrant Information Centre will be facilitating a social group for older people from the Zomi community. The aim of the group is to bring socially isolated older people with low English

language proficiency from Zomi backgrounds together for recreational activities and information sessions on services and how they can access them.

For further information, please contact Steve MunSuang on phone 9285 4888 or Email smunsuang@miceastmelb.com.au.

The program is funded by the Office of Multicultural Affairs and Citizenship Refugee Action Program.

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Swimming Programs

The Migrant Information Centre is facilitating a number of swimming programs including programs for preschool aged children, teenagers and adults. The programs are for eight weeks and held at Aquahub in Croydon.

For further information, please contact Sophie McKenzie on telephone 9285 4888 or Email smckenzie@miceastmelb.com.au.

These programmes are jointly funded by Life Saving Victoria and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Yoga for Iranian Women

The Migrant Information Centre is facilitating yoga workshops for Iranian women. The final two workshops will be on Wednesday 17th and 24th February 2016 between 1pm and 2pm at the MIC.

For further information, please contact Sophie McKenzie on telephone 9285 4888 or Email smckenzie@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information

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Youth Video Project

The Migrant Information Centre is working with young people to film a video about settling in the Yarra Ranges. The finished product will be used to assist recently arrived young people to better understand the services available to them and how they can overcome challenges they may face in their initial settlement period.

For further information, please contact Randika or Jessica on telephone 9285 4888 or Email rwijekoon@miceastmelb.com.au or jthomposon@miceastmelb.com.au .

This programme is jointly funded by the Shire of Yarra Ranges and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Training Opportunities

The MIC can offer affordable training to agencies that is tailored to meet the needs of their staff. The MIC has over 16 years experience in providing services to refugees and migrants and during this time we have delivered high quality training to agencies across the Eastern Region, wider Melbourne, Regional Victoria and Interstate. All MIC training programs are evaluated for continuous improvement.

Training can include:

Cultural Awareness that aims to provide staff a better understanding of culture, how it impacts on the beliefs, values and behaviours of both staff and clients and strategies

- **Culturally specific training**, for example, Karen and Chin ethnic groups from Burma, Chinese, Iranian and Muslim that increases their staff's understanding of their migration experience, settlement patterns, culture and traditions and issues impacting on their settlement including service gaps and strategies to meet these gaps.
- **Using interpreters and preparing documents for translation.** This training program provides tips and strategies for using interpreters and preparing documents for translation including effective English and communication, how to book interpreters, practical skills in using interpreters and preparing documents for translation.
- **Specialised training that addresses settlement issues and access to specific services**, for example, family violence and CALD communities, early childhood practices, aged and disability care, approaches to mental health and road safety.

If you would like to book training or you would like to discuss the training needs of your staff so they can better meet the needs of CALD communities, please contact Judy McDougall on 9285 4888 or Email jmcdougall@miceastmelb.com.au.

CONFERENCE

Triennial International Conference of the Settlement Council of Australia

The conference theme 'Settlement and Citizenship in Civil Society' acknowledges the impact of the global domain on communities, societies and active citizenship. The conference will bring together the settlement sector, communities, service groups, academics, corporate and legal organisations and individuals from across the globe to build on current settlement knowledge, practice and community participation within a globalised multicultural society.

It will provide a forum for sharing current thinking, research and good practice within international settlement contexts. The conference will attract key innovators with an interest in how settlement can contribute to developing a productive multicultural future. These innovators will include local and international academics and cultural thinkers, seasoned and early-career researchers, experienced and emerging settlement practitioners modelling best practice, government and non-government planners, business and employment industry groups, and intergenerational communities—new and established, rural and metropolitan.

The conference will be held from the 5th to 7th May 2016 at ZINC, Federation Square, Melbourne. For costs, check the website and deduct 10% for early-bird registrations before Friday 26 February 2016.

Website - <http://www.scoa.org.au/announcements/scoa-international-conference-on-settlement-2016>.

CULTURAL DIVERSITY WEEK

ISOMER Mosque Open Day Celebration

As part of Cultural Diversity Week (12/3/2016 to 20/3/2016), ISOMER Mosque is holding an open day on Saturday 19th March 2016 between 10am and 4pm. The open day includes guided tours of the Mosque and the ISOMER Retirement Home, Islamic art exhibitions, talks on Islam, Arabic calligraphy, cooking demonstrations, henna designs, face painting and refreshments. All activities are free. ISOMER is located at 1273 Wellington Road Lysterfield.

For further information please call 0478 032 960 or Email info@isomer.com.au.

ENGLISH CLASSES

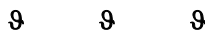
Migrant English Conversation Classes at Heathmont

Heathmont Uniting Church is providing free English conversation classes every Monday evening from 7.30pm to 9pm for refugees, asylum seekers and migrants. In Term 1 classes will be held until the 21st March 2016.

Classes are held at the Heathmont Lifestyle Centre, Heathmont Uniting Church, 89 Canterbury Road, Heathmont.

The classes focus on 'everyday' spoken English conversation, pronunciation, listening and some reading and writing.

For further information, please contact Sue on 9729 8449 or Marie on 9870 1486 or mobile 0429 294 007.



Conversational English Classes for Migrants And Refugees

City Wide Christian centre are holding free conversational English classes for migrants and refugees. Classes conducted by Certified AMES tutors will be held every Wednesday at 9.30am to 11.00am commencing from the 2nd March 2016 at Unit 8, 1154 Burwood Highway, Ferntree Gully.

For more information or to register please contact City Wide Christian Centre on 9762 1612 or 0458381621 or E-mail admin@citywidecc.org.

MENTAL HEALTH

New Roots: Male Refugees Mental Health Resources

The New Roots Project has been developed to build the mental health of men, aged 18 to 45 years who have recently arrived in Australia on a humanitarian visa. The primary aim is to help men to stay physically, socially and emotionally strong. The Project is implementing three main strategies to achieve this:

- a smartphone New Roots Application (App) in English, Arabic, Farsi and Tamil;
- an online toolkit for caseworkers; and
- training for Arabic, Farsi and Tamil community leaders.

The New Roots App has been developed to promote health and wellbeing, to assist with participating in community life, and to access community and government services for men on humanitarian visas in Australia.

The purpose of the online training is to improve the skills, confidence and knowledge of settlement caseworkers in identifying and responding to the social and emotional wellbeing of recently arrived men. For further information go to www.newroots.com.au.

FAMILY SUPPORT

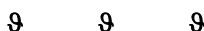
Connections Eastern Region Chinese Men's Support Service

Connections Eastern Region Chinese Men's Support Service is facilitating Tuning into Kids (TiNK), an evidence-based emotionally intelligent parenting program that focuses on the emotional connection between parents and children aged 2-12. In particular the program teaches parents skills in *emotion coaching*, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. This approach helps the child to understand and manage their emotions.

The program commenced on the 3rd February 2016 and will continue for 6 weekly sessions until the 23rd March 2016. The program is held at 6.30pm to 9pm on Wednesday evenings at Meeting Room 2, Knox Civic Centre, 511 Burwood Highway, Wantirna South. The program is fee but bookings are essential due to limited places.

Connections Eastern also facilitate two Chinese Dads Playgroup – Wantirna Chinese Dads Playgroups which meets 10am to 12pm every second Saturday (20th February and 5th and 19th March) at Billo Park Family Centre, 40 Birchfield Crescent, Wantirna and the Glen Waverley Chinese Dads Playgroup which meets at 10am to 12pm every second Saturday at Bestchance, 583 Ferntree Gully Road, Glen Waverley (27th February and 12th March).

For further information, please contact Joseph Jin on 8873 5434 or mobile 0422 008 145 or Email Blackburn.reception@connections.org.au.



Family Dispute Resolution in Chinese Languages

The Ringwood Family Dispute Centre are now offering services in Chinese at their Ringwood and Box Hill sites. Box Hill is open every Tuesday at 26-28 Prospect Street, Box Hill.

New ways for families to resolve family law disputes about children, parenting and property.

Accredited Family Dispute Resolution i.e. practitioners help families discuss issues, consider options and decide on the best agreements; parenting arrangements - making decisions about the ongoing responsibility and care of children; finance and property arrangements - the division of shared money and property; certificates if required; education, support & referral; and, comprehensive risk screening and safety planning.

For enquiries and bookings for Chinese languages, phone 9871 6313 or 9871 6300 for English speaking.

INTERFAITH EVENT

Respect Interfaith Soccer Round Robin and Kids Clinic

Victoria Police and Manningham Interfaith Network in partnership with Rotary Club of Doncaster, Doncaster Rovers, YMCA, and Manningham City Council are holding a soccer competition and children's sports clinics to unite communities through the power of sport.

Participant registration for the clinics and round robins are essential and can be made at www.respectroundrobin.wix.com/manningham.

The free event which will include prizes, giveaways and food, will be held on Sunday 6th March at Andersons Park, 117 Anderson Creek Road, Doncaster East. Kids clinics will commence at 11.30am and games from 1pm to 5.30pm.

For further information, please call 0425 718 937 or Email respectroundrobin@gmail.com or www.facebook.com/respectsoccerroundrobin.

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Maroondah Interfaith Network 'Unity in Diversity' Celebration

Maroondah Interfaith Network a holding a celebration of different faiths on Sunday 28th February 2016 at 2pm to 4.30pm at the George Wood Performing Arts Centre, Yarra Valley School, Kalinda Road, Ringwood.

The program includes an Aboriginal smoking ceremony, guided meditation by Dharma Drum Mountain Buddhist Association and performances from, Nadanalaya Academy of Indian classical dance, Abdul Hammoud, a spoken word artist, Sukhjit Khalsa, a Sikh poet, Latter-day Saints drama group, Aquinas College, Luther College and Yarra Valley Grammar School.

Admission is free and refreshments can be purchased.

The event is funded by Maroondah City Council.

TRAINING

Bilingual Educator Training on Elder Abuse

This practical training will prepare participants to deliver talks and facilitate discussions on elder abuse awareness to groups of older people and their families from Polish, Croatian, Chinese, Filipino and Greek communities.

The training which will be held on 9.30am to 4pm on the 15th and 21st March at the Statewide Resource Centre, 150 Palmerston St Carlton, is targeted at bicultural, bilingual community workers from Polish, Croatian, Chinese, Filipino and Greek communities.

More information is available here see <http://eccv.org.au/community/events/bilingual-educator-training-elder-abuse-project/>.

To submit an article for Eastern Multicultural News, please Email to

Judy McDougall: jcmdougall@miceastmelb.com.au