



Eastern Multicultural News

A.B.N. 27 084 251 669

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MIC NEWS

Become a Member of the MIC

The Migrant Information Centre is inviting people who support our work to become a MIC member.

As a member you can vote at our AGM, nominate to participate on the interview panel for new board members and approve casual vacancies to our board.

New members are required to complete a form that confirms their support for our constitution.

For further information or a copy of our constitution, please contact Sue Herbst or Judy McDougall on telephone 9285 4888 or Email s Herbst@miceastmelb.com.au or jmcdougall@miceastmelb.com.au.

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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 during school terms at 1.30pm to 3.30pm on Mondays 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. In Term 2, the playgroups will recommence on the 11th April and the 15th April 2016.

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 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 commenced 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 on Mondays and Tuesdays for six weeks between 4pm to 6pm. Trips to the movies and the zoo will also be held for the group during the school holidays in April.

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.

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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.

For further information, please contact Mehul Patel, Rebecca Dunsdon or Sarah Nichols on 9285 4888 or Email mpatel@miceastmelb.com.au or rdunsdon@miceasrmelb.com.au or snichols@miceasemelb.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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Holiday Programs

The Migrant Information Centre is facilitating excursions to Mooroolbark Library, Acespace Indoor Play Centre, Ringwood Library story time and Lollipops Indoor Play Centre for newly arrived parents of children under 5 years on the 4th, 5th, 6th, 7th and 8th April 2016 from 11am to 2pm as part of our holiday program.

For further information, please contact Niquita Meyers on telephone 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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Hospitality Industry Information Session for the Falam Chin and Mizo Communities

The Migrant Information Centre is holding an information session for the Falam Chin and Mizo communities on the hospitality industry on the 30th March 2016 from 5pm to 7pm at The Central Ringwood Community Centre, Bedford Rd, Ringwood.

The session will cover employment in hotels in particular working in kitchens, housekeeping and reception.

For further information, please contact Sophie McKenzie or Sarah Nichols on 9285 4888 or Email smckenzie@miceastmelb.com.au or snichols@miceasemelb.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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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.

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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 provides 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 commenced 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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Settled and Safe Program for the Falam Chin Community

The Migrant Information Centre in partnership with Victoria Legal Aid is facilitating the Settled and Safe program for the Falam Chin community. The program uses a narrative approach to increase participant's knowledge of Family Laws in Australia.

The program will be held at 6pm to 8pm from the 13th April to 20th April 2016 at the Ringwood Uniting Church, Corner of Station Street and Greenwood Avenue, Ringwood.

For further information please contact Barbara Laug on telephone 9285 4888 or Email blaug@miceastmelb.com.au.

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

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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 will be held on Monday 4th April 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 12th April 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 smkenzie@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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Youth Driver Education Program

The Migrant Information Centre is facilitating a driver education program for young people to help them pass their Learner Permit Test. The program which is held in partnership with Mission Australia teaches young people the road rules and accompanies them to VicRoads whilst they complete the Learner's permit test.

The program will be held at 10am to 3pm from the 4th to the 7th April 2016 at the Town Hall Hub, 27 Bank Street, Box Hill.

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

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Youth Indoor Soccer and Volleyball

The Migrant Information Centre is facilitating an indoor soccer and volleyball tournament young people.

The program will be held at 4.30pm to 6.30pm on the 26th April 2016 at the Ringwood Action Indoor Sports Centre.

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 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.



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.

ART SHOW

“Behind the Multicultural Door” Art Show

The Louise Multicultural Community Centre (LMCC) is having an Art Show in 2016 and is calling for Artists. This year's theme is “Behind the Multicultural Door.”

The art show will be held on the 28th September to 31st October 2016 at the All Nations Foyer of the Box Hill Town Hall. It is an excellent opportunity for local artists to showcase and sell their work and for the community to experience different art mediums in one exhibit.

Any artist interested in entering their work must submit their work to LMCC by 15th August 2016. For further details contact Cindy on 9285 4851 or email ckung@aanet.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>.

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 during school terms.

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.

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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 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@citywideecc.org.

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Conversation Café at Realm Eastland

Realm Eastland is hosting an English conversation café every fortnightly on level 2, in the REALM building at Eastland. The session provides an opportunity for people to socialize and talk together in English over coffee and a snack which they purchase themselves.

The building is accessible for wheelchairs and prams but childcare facilities are not available. The session is free.

For further information please contact Jenny Detez at the Realm Library on 9800 6430 or Email jenny.detez@erl.vic.gov.au.

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English Language Classes at the Mountain District Learning Centre

The Mountain District Learning Centre is providing Levels I, II and III English classes for people from non-English speaking backgrounds who are either newly arrived or who arrived some time ago in Australia but cannot communicate effectively in English.

The program provides practice in listening, speaking, reading and writing as well as help with grammar and pronunciation.

For further information please contact Maxine Burke, RTO & Vocational Programs Coordinator, Mountain District Learning Centre, 13-15 The Avenue, Ferntree Gully on 9758 7859.

FORUMS

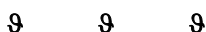
Older People and Homelessness Forum

Villa Maria Catholic Homes, Knox City Council and Housing for the Aged Action Group are holding a forum to raise awareness about the high risk of homelessness amongst older people from CALD backgrounds and how to support them to find secure, affordable housing.

The forum will be held at 10am to 12.30pm at Knox City Council, Rooms 3 and 4, Civic Centre, 511 Burwood Highway, Wantirna South.

Please RSVP by the 1st April by calling Amy Yuen on 1300 971 720.

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



Refugee Health Form

The Communities' Council on Ethnic Issues (Eastern Region) Inc and its partners are facilitating a refugee health forum for managers and staff of health services, mental health, allied health, drug and alcohol services and other community organisations. The event will focus on refugee clients of all ages looking at the unique health needs of people from refugee backgrounds. In addition any gaps and barriers to accessing services will be explored.

The forum will be held at 9.45am to 3pm on Friday 22nd April 2016, in the Willis Room, Whitehorse Civic Centre, 397 Whitehorse Road, Nunawading.

This is a free event. Places are limited so prospective participants [must book](#) to obtain a place at the forum.

To register please Email chair.msc@gmail.com. Please provide your contact details and your booking will be confirmed and a program will be sent.

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

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.

WOMEN

Women's Interfaith Model Passover Seder

Women, their friends and relatives are invited to take part in a unique interactive Interfaith Women's Passover experience.

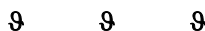
Women will learn about the traditions and customs of this eight-day festival which commemorates the emancipation of the Israelites from slavery in ancient Egypt.

The women's only event includes a specially prepared 'Seder' type meal, take home booklet and packet of matzah.

Rabbi Allison Conyer of the Etz Chayim Progressive Synagogue in Bentleigh will be facilitating the seder. She brings with her a passion for the Jewish faith and a wealth of experience in interfaith dialogue both here and in the US.

The event will be held at 6pm on the 4th April at The Eva Besen Centre, 131-133 Hawthorn Road, Caulfield North. The cost is \$25 per person. Kosher Vegetarian meal will be served.

To register call 9044 5401.



Women's Leadership Program

Knox City Council in partnership with the Rowville Neighbourhood Learning Centre will coordinate a Women's Leadership Program for women from CALD communities. During this course participants will:

- identify and develop leadership skills
- learn the concepts of advocacy, project management, building partnerships and mentoring within the workplace or the wider community.

To be eligible participants must be:

- A Knox resident or a member of a Knox community group
- An Australian citizen or permanent resident.

The program will be held at 9.30am to 2.30 pm Wednesdays from 20th April 2016 to 1st June 2016 (7 weeks) at the Rowville Neighbourhood Learning Centre, 40 Fulham Road, Rowville.

To register please call the Rowville Neighbourhood Learning Centre on 9764 1166.

To submit an article for Eastern Multicultural News, please Email to
Judy McDougall: jcmdougall@miceastmelb.com.au