

# HAPPY & SAFE

Anuammi le Ahimmi



**MIGRANT INFORMATION CENTRE**  
eastern melbourne



Hi zapi rel awk cauk chuahmi hi Commonwealth le Victorian State Governments le Maroondah City Council nih bawmh mi a si nain hi cauk chung ah hmuhnak le ruahnak chim rel mi hi Commonwealth le Victorian State Governments le Maroondah City Council hna nih an i tlaih mi le chuah pi mi hmuhnak le ruahnak an si lo. Hi Commonwealth le Victorian State Governments le Maroondah City Council le a chung i rian tuan tu bawi (officers), rian tuan tu (employees) le rian tuan fialmi (agents) hna hi bawmhmi Organisation nih an tuahmi thil pakhat khat ah tuanvo an ngei lo.

Hi cauk chung ah hngalhnak le ruahnak pekmi hi midang nih an hman hlaan ah a hmaan taktak maw ti zoh le fianter a hau. Commonwealth le Victorian State Government, Maroondah City Council, a chung i rian tuan tu bawi (officers), rian tuan tu (employees) le rian tuan fialmi (agents) hna nih hi cauk chung ah a hmaan lo mi thil ruang ah tuanvo an la lo, cu chung ah aa tel ve mi cu daithlannak , zohkhenh lonak hi a si.

Migrant Information Centre (Eastern Melbourne) Ltd.

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Siang ngai in bawmtu



Pumpak cung ah lunglawmhnak





Hi cauk hi MYLC 2018 nih tial mi le tamh suaimi a si



MIC Youth Leadership Commission (MYLC) cu Migrant Information Centre (Eastern Melbourne) (MIC) nih 2018 ah rak ser mi MYLC nih hruaitu sinak training an tuah mi ah a kai mi le a cawng mi Mino bu an si. Hruaitu vial te hna hi a phaen thar mi refugee si lo le ram thum nak ah aa thial mi hna an si cun MYLC cu Australia ram ah a phaen thar mi mino pawl bawmhnak ding caah rak ser mi a si. MYLC chungtel nih hi cauk cu a phaen tharmi Mino cawnpiknak caah le an caah ruah awk le theih awk ah a herh bik lai tiah an zumh mi hngalh nak caah tial mi le tamh suaimi a si, cu chungah zeitindah kan pawngkam um mi services hi kan hman lai ti zong aa tel.

Hi tuahmi thil (program) cu dawtnak le siang ngai in Maroondah City Council nih bawmhmi a si i Blackburn English Language School, Eastern Access Community Health, Headspace, Eastern Community Legal Centre, Youth Support and Advocacy Service, Foundation House and AMES Youth Services hna zong nih thazaang an pek ve hna.

**MYLC 2018**

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## A chung ah atelmi bia hna

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## Na Pumsa le Thinlung Zohkhenh

Pumpak ngandamnak kan timi cu na pumsa le thinlung na zohkhenhnak kha a si ko. Na pumsa na zohkhenh hi a biapi hringhran. Na pumsa na zohkhenh ahcun, na pumsa nih an zohkhneh ve lai.

Na pumsa ngamdarn tein na chiah khawhnak ding caah atanglei hna hi na tuah khawmi zeimawzat an si.



- ⇒ Lente i celh. Nai celhkhawh mi cheukhat hna cu pumpululh chuih, arhmul tuk, ti lio asiloah a nuam na timi celhnak phun. Na hawikom he nai celh kho, cun club zongah nai celh kho, asiloah MIC lentecelhnak program hna ah i peh in lente nai celh kho. Nan umnak sang ah lentecelhnak le nuamhnhainhak hmun tampi an um hna (Tahchunhnak ah, Aquahub Croydon). Hibantuk hmun ah hin an tilionak na van hman khawh, ecercise cawnnak ah na vai tel kho asiloah exercise tuahnak thilri hna na van hman khawh ve, asinain cu thil hna hmannak ding caah a man na pek a hau ve. Nan pawngkam hmunlawng asiloah park ah ke in i chawhleah asiloah duhsah in na tli kho, cu ka hmun hna cu man pek a hau lo i na duh caan poah ah na hman khawh fawn.

Nuamhnhainhak hmunhna kongah tamdeuh theih na duh ahcun hi cauk i a hnuhik cahmai ah zoh te.



- ⇒ Zan chiarte atlawmbik suimilam 8 tel it.
- ⇒ Chun thluanchuak in ti tampi ding.
- ⇒ Tisik anhnah le thingthei, fang phunkip, cawhnuk le cawhnukin sermi, mepe phun le amu (seed) phuntling in ai rualmi tirawl ei.
- ⇒ Rianrang in lamkam ah cawkkhawhmi rawl (fast food or junk food) hrial hna. A si, cubantuk rawl cu an thawi ngai tak ko, asinain na pumsa caah a t̃ha lo.

Na thinlung zohkhenh zong hi a biapi ve hringhran. Na pumsa he na thinlung he a pahnih in a dam tikah, arfi bantukin na vaang (ceu) kho lai. A zungzal in na ngaihchiat maw, a zungzal in thil zeimaw kongah na lung a rawh ahcun, na thinlung a dam lo kho tinak a si. Kan pum bantukin, kan thinlung hi a damlo kho ve.

Na thinlung a damlo ahcun, atanglei hi na cungah a cang kho:

- ⇒ I hngilh khawh lo
- ⇒ Rian le cacawnnak ah thinlung pek khawh lo
- ⇒ Hawikom le chungkhar he i hlat ngai in i ruah
- ⇒ Thawh huam lo i rianṭuan huam lo phun in um
- ⇒ Aruang um set ṭung lo in sivangh asiloah ingpuan
- ⇒ Man zeihmanh ka ngei lo asiloah asung zatla pengmi ka si ti in i hmuh

- ⇒ Mah le mah fahnak i pek asiloah i thah duhnak lungthin ngeih

Thinlung ngandam tein chiah khawhnak ah a thahnemmi hna:

- ⇒ Na thinlung khuaruah ning kha na hawikom, na nu le pa, na sayate, mino hruaitu hna asiloah na ngamhtlakmi mi kha chim hna.
- ⇒ Zaan fatin tuan te ih i zuam, cun zaan chiarte a tlawmbik suimilam 8 tel ih i zuam. Nai hngilh khawh lo a si ahcun, atanglei dot hna hi, nai hngilh khawh deuhnak ding caah tuah i zuam.
- Zan fatin na ihcam peng ah it.
  - Na ih hlan suimilam pakhat ah: Na phone, iPad le adang electronic thilri vialte chia dih hna law, a cermi (screen) hau lo in tuahmi thil pakhatkhat tuah i zuam (tahchunhnak carel). Cun, kha bantuk electronic thilri vialte hna kha, na khan in fim dih hna. Zan khuadei na pawngah chia hna hlah.
  - Cawhnuk lum tibantuk a lummi zeimaw na ih hlan ah ding.
  - Na ihlai minit 30 ah: Ti lum in i kholh asiloah ti i tlakter.

- ⇒ Na hawikom le na chungkhar he i hawikom. Social media in i pehtlaih (chat) nakin hawikom he hmaihmuh i ton hi a ṭha deuh ngaingai.
- ⇒ Social media ah na pekmi caan asiloah na phone i game celh caan, abikin zaan i nai celh tawnmi caan kha ṭhum (tlawmter) hna.
- ⇒ Australia an hon hlan ah, mino cheukhat cu ṭih a nungmi le ral a rap mi thil an tong hna. Chungkhar naihnam nih thihtak, ral hmun in zam asiloah ral a rap mi thil hna hmuh tibantuk hna hi an si kho. Hibantuk he ai lo mi thil pakhatkhat na ton a si ahcun, fakpiin na thinlung a chia lei in a sualsan khawh i cucu caan saupi zong an sualsan khawh. Hitihin na si ahcun, a thli tein tuar hrimhrim hlah. MIC mino ca rianṭuantu pakhatkhat hi kong hi na chimh khawh hna i, MIC nih bawmtu, *Foundation House* tibantuk an in pehtlaih piak lai.
- ⇒ Na ngaih a chiat maw, na lung a rawh ahcun, EACH le Headspace tibantuk bu pakhatkhat nih an in bawmh khawh.
- ⇒ Bawmtu hna kong tam deuh theih na duh ahcun, ahnubik cahmai ah zoh khawh a si.

## Cawnnak – Luatnak Lam



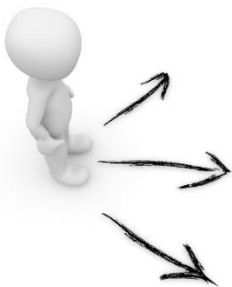
Mirangca cawn hi a biapi tuk hringhran, a ruang cu Australia ram ah zatlang holh a si caah a si.

Mirangca na ṭhancho khawhnak ding caah a ṭhahnemmi cheukhat hna cu atanglei hna hi an si.

- ⇒ Dictionary pakhat kha na pawngkam ah chia peng law ca na rel tik i na theihlomi biafang hna kha na zoh khawh peng lai
- ⇒ Biafang thar hna kha thiam i zuam law, cu biafang cu catlang ah hman khawh i zuam

⇒ Biafang pakhat a sullam na theih lo tikah, na sayate maw na hawikom kha cu biafang a sullam hal kha òh hlah

Australia na phak tikah, kum 17 tang na si ahcun, Mirang Holh Cawnnak Sianginn (English Language School) ah an in chiah lai. Mah hi sianginn hi a nuhrin holh ah Mirang holh a si lo mi ram in a rami sianghnakchia bawmhna ding caah Cozah nih an bawmhmi sianginn a si. Nichuah lei sang hna caah, hi bantuk sianginn hi Blackburn English Language School asiloah BELS tiah kawh a si. Hi BELS ah hin, Mirangca hramdomhna, a òal, a holh le a rel òhanchonak na ngei kho lai. Australia ah sianginn hna hi zein an lawh ti zong na cawn chih òhiam hna lai. Abuaktakin, BELS ahhin kum khat chung na um lai. BELS ah kum khat na di tikah, sianginn pangai ah maw rianthiamna cawnak (vocational) ah na peh khawh hna lai.



Australia ah hin ai dang mi sianginn phun hnih a um: primary school le secondary school. Kum nga in kum hleihnih kar na si ahcun, Primary School ah na kai lai. Kum hleihnih in hleiriat kar na si ahcun, Secondary School ah na kai lai.

Australia sianginn hna ahcun catang tang hleithum a um. Atlangpi in, sianghngakchia

hna hi anmah kum he ai rualmi sianghngakchia hna catang ah an kum zulin an chiah tawn hna. Primary Sianginn hna ah hin catang tang 7 a

um – ‘Prep’ (hi hi kum 5/6 a simi hngakchia kainak), cun tang 1, 2, 3, 4, 5 le 6. Secondary Sianginn hna ahcun catang 6 a um: cu hna cu tang 7, 8, 9, 10, 11 le 12.

Tanghra hnu in, sianghngakchia nih thimding lam pahnih ummi ah pakhat changchang an i thim a herh. Victorian Certificate of Education, VCE ti zongah kawhmi asiloah Victiorian Certificate of Applied Learning, VCAL ti zongah kawhmi, pakhat changchang nai thim khawh.

VCAL nai thim ahcun, cu nih a sawhmi cu kut zungthiam lei tam deuh na tuah lai tinak a si. Tahchunhnak ah, mechanic (sehthiam) rian òuan na duh ahcun, VCAL lam i thim hi a òua deuh, a ruang cu sianginn ah mawtawka kong le seh thilri kong tam deuh na cawn lai caah a si. VCAL program pakhat ah telh in hi pawl tuahnak caan òua na ngei kho lai. VCAL hi rian pakhatkhat òuan khawhnak caah a herhmi thiamnak le rianhmuhnak caah hmaithlak in cawnnak a si.

VCAL na dih tikah, Technical and Further Education college, TAFE ti zongah kawhmi ah na cacawn na peh khawh. TAFE zong nih hin kut zungthiam nak lei ai hmaithlak ve, cu caah cun VCAL ah na rak cawnmi bantuk òiam kha TAFE ah na peh khawh. Mah hi hi Vocational Education (Rianthiamnak Cawnnak) ti zongah kawh a si. Australia ah rianthiamnak cawnnak lam tampi a um. TAFE na dih tikah, thil pahnih lakah pakhat na tuah khawh: rian na kawl kho asiloah sianghleirun ah na cacawn na peh khawh.

VCE nai thim ahcun, na bata (subjects) le cawnnak hna kha thluak in cawnnak lei deuh an si lai i tuahnak he ai pehtlai lo deuh mi an si lai. Tahchunhnak ah na cawn dingmi hna cu, mathematics (tinchia),

science, history, art, IT le Mirangca le holh dang cawnnak hna an si lai. VCE na lak ahcun Sianghleirun na kai kho men lai. Asinain, tang 11 le tang 12 i na hmak hmuh mi cungah ai hngat lai.

Hihi philh hlah, sianghleirun kai lawnglawng hi Australia i cacawnnak nih abiapi ah chiahmi hmuitinh pakhat te a si lo. Ram cheukhat ahcun, sianghleirun kai hi sang tuk ah an chiah i an upat ngaingai. Asinain Australia ram ahcun, cawn dingmi tampi lak le rianhmuhnak tampi



thim dingmi chung in i thim khawhmi pakhat te lawnglawng a si. Australia ah rian dangdang a zaza in a um i an zapi te in abiapimi rian lawngte an si.

Secondary College ah, sayate cheukhat nih zeibantuk lamthluan (pathway) dah kai thim lai ti le hmailei rian caah a thami thimding kongah ruahnak an in cheuh khawh. Hi sayate hna hi *Careers Counsellors* tiah kawh an si. Na cacawnnak kong le hmailei na

rianṭuannak kongah a ṭṭa bik biakhiahnak na ngeih khawhnak ding caah an bawmtu hna an si. Biakhiahnak na tuah hlanah anmah hi ruahnak hal hmasa hrimhrim hna.

Australia ah, cacawnnak kong he pehtlaiin kum le khua hi dawnkhantu a si hrimhrim lo. Na upa ngai cang ko nain, thil zeimaw cawn na duh ahcun, cawnkhawhmi thimding tampi a um – cawnnak ah a tlai ti a um hrimhrim lo.

Australia na hong phak ah kum 17 cung na si ahcun, Australia cozah nih *Adult Migrant English Program* (Upa Mipeem Mirangca Cawnnak), AMEP ti zongah kawhmi, ah Mirangca Cawnnak an in ngeihter lai. Nichuah lei sang caah AMEP hi Swinburne TAFE le Box Hill Institute (TAFE) hna ah an tuah hna. AMEP cawnnak na dih hnuah, TAFE ah rian thiamnak cawnnak ah na peh khawh asiloah sianghleirun zongah na peh khawh ṭhiamṭhiam. Asinain, zeibantuk hna dah peh in na cawn khawh i azei bantuh dah na cawn khawh lo timi tu cu, na Mirangca thiammi, a luancia caan ah na rak cawn bel mi tibantuk cungah ai hngat lai. Cun, TAFE cheukhat ah cun Mirangca he rian hmuhnak ca thiamnak cawnnak pahnih kemh in cawn khawh a si.



Australia ah mi zeipoh caah an duhmi cawnkhawhnak lam phunphun onpiak cio a si. Hi hi philh hlah, thil thar zeimaw cawn na duh a si ahcun, MIC Mino ca Rianṭuantu pehtlai,

Careers Counsellor chawnbia, asiloah, TAFE maw Sianghleirun chawn hna law zeibantuk hna dah ka cawn khawh tiah hal hna. Cacawnnak caah a tlai tuk cang ti a um bel lo.



## Santlaimi Hawikomh Pehtlaihna



Hi ka dal ahnin, zeitindah a ngandammi hawikomh pehtlaihna ngeih khawh nak ca a thahnemmi cheukhat kan in chimh hna lai.

### Tuah Thami 1- A Ngandammi Hawikomhna

Hawikom tha cu a ruahna a kau, nangmah le na dirhmun kong an theihthiam i nan cungah zumhawk a tlak. Hawikom taktak timi cun nangmah an sunhlawih tu le an upat tu kha a si.

Sianginn, biakinn le mipi cawlcanghna puai hna ah hawi thar tampi na ton hna lai. Upat hmaizah thiamna le an sinng hngalhthiamna ngei hna law anmah he a ngandammi hawikomhna na ngei kho lai. Na hawile sinah zeihmanh zep lo tein um law anmah he i nuam thi.

### Tuah Thami 2 – I Telvenak Lungput (Sense of Belonging)

An ka telh ve ko, an ka upat ve ko, kan pawngkam ummi mibu nih an ka kilven ko ti na theih mi kha i telvenak lungput kan ti mi cu a si. Hawi

he pehtlai venak ca le an ka kilven ve tinak ca le an ka upat ve tinak dingcaah social group dangdang hna ah vai pehtlai ve. Cu bantuk phu nai tel khawhnak cheukhat cu

- ⇒ Khrihfabu tibantuk mipi bu
- ⇒ Sianginn cawlcanghnak bu
- ⇒ Lentecelhnak bu
- ⇒ MIC asiloah Council Mino bu

Mipi ca rianṭuannak i kan i telve tikah an kan chohlan ti kan theih i cucu a ṭhahnem ngaingai mi a si. Cubantuk in mipi caah rian na ṭuah khawhnak ding cu nan mipi sinah maw, nan council ah maw asiloah rianṭuannak bu MIC tibantuk ah rian vai pe law cucu a si.

### **Tuah Ṭhami 3 – Media in Hawikomhnak (Social Media)**



Social Media timi cu maivan (online) hmangin midang he i pehtlaih chawnhbiaknak (tahchuhnak ah, Facebook, Snap Chat, Whatsapp tbt.) kha a si. Hawikom he pehtlaihnak caah Social Media hi a ṭhahnem ngaingai. Social Media him tein na hman khawhnak caah:

- ⇒ Na pumpak konglam, nan umnak address, phone numbar asiloah na sianginn tibantuk kha maivan ah phozar hlah.
- ⇒ Hmanthlak na tar hlanah, hi biahlnak hi i hal:  
 “Hi hmanthlak hi ka nu le ka pa le ka sayate ka piah ngam hna hnga maw?” “Ka piah ngam hna lai lo” ti kha a phi a si ahcun, kha hmanthlak na tar dingmi kha thilṭha a si lem lo tinak a si.
- ⇒ Na hawile ṭhatnak leiah a mersan kho tu ding bia ṭha, ca ṭha ṭial hna.
- ⇒ Social media ah caan tamtuk hmanṭ hlah (A ṭha bik cu, nikhat ah suimilam xxx lawng hmanding ti hi a si.)
- ⇒ Hi hi philh hlah, maivan ah na ṭialmi konglam le na tarmi hmanthlak a zungzal in a tang peng ti hi philh hlah! Hi hi ruat, hmailei na boss, hmailei na nupi/pasal, sayate le na nu na pa nih an hmuh khawh te ti kha philh hlah!

## Rian Hmuhnak

Victoria i na um ahcun, kum hleinga na si in rian na ʔuan kho. Rian na kawł hlanah, tuah hmasa ding zeimawzat a um.

Pakhatnak ah, *resume* (Na konglam tawifiang ʔialmi) na herh. Resume (a caan ah Curriculum Vitae asiloah CV ti in kawhmi) cu na ca ruahchannak a ummi rianngaitu hna sinah na thiamnak, na cawnnak, pehtlaih nak, na lawnkannak le adang tampi hna na chimhnak hna ca kha a si. Mah hi hi na caah ruahchannak a ummi rianngaitu sinah na pek hna a herh, cucaahcun rian na kawł hlan ah hi resume hi na ser a herh.



Cun, *Tax File Number* na sok a herh. Australia ah rian a ʔuammi mi zeipoh nih Tax File Number ngeih a herh hrimhrim, a ruang cu, cu lo cun a hohmanh nih nihlawh an in pe kho lai lo.

Superannuation (a caan ah ‘Super’ ti zongah kawh mi) zong na timhlahm a herh. Mah hi hi rian in pension na lak tik lawngah na lakkhawh dingmi phaisa khonnak bantuk a si.

Australia ah rian pakhatkhat na ngeih khawh hlanah, superannuation account na ngeih hrimeh a herh. Adonghnak ah, bank account na on a herh, cuticun cu account ahcun phaisa an in pek khawh lai. Nangmah min bak in bank account ngeih cu zeitlukindah a va sunlawi.

Rian kawlnak a lam zeimawzat an um. Na hawile rian a tuan cangmi hna kha nan rianṭuannak ah rian lawngkang a um maw tiah hal kha riankawlnak ah a ṭhahnembik pakhat a si. Nan mipi sin zongah na chim a herh i, rian ka kawln tizong na theihter hna ah a ṭha. Dawr le rianhmun zongah na va kal zau i na resume pek in rian an ngeih le ngeih lo zong kha hal khawh a si. Rian cheukhat cu, maivan (online) in soknak form na ap a hau tawn i na resume zong na thilchih a herh.

MIC mino ca rianṭuantu hna nih hi vialte kongah hin an in bawmh khawh. MIC kha zalongtein pehtlah khawh a si (rianbawm kho tu bu tampi, MIC telh chih in an um i cu kong tamdeuh hngalh na duh ahcun ahnubik cahmai ah zoh).

Rian i hmuh i a har ngai kho men. Australia mino tampi caah a har cio mi thil a si. Asinain, na lungdong hlah law kawln chih peng. Nangmah cu thiamnak phunphun le tonmi tampi a ngei cangmi a biapi mi mino pakhat na si.

## Bawmchantu Hmanrua

Hi ka then ah hin na pehtlaihkhawh mi rianṭuannak bu tampi ai tel. Na kal bellonak rianṭuannak bu chonh ding kha na ning a zak pah kho men. Na thinphang hlah, hi hna vialte nih hin biapi ah an in chiah i bawmh an in duh pin ah na konglam phozar lo dingin an in kilven lai.

Rianṭuannak bu pakhatkhat na chonh hna tikah, hihi na chim khawh





“Hi, mino ca rianṭuantu pakhatkhat ka chawn kho hna maw?” “Hi, can I talk to a youth worker please?”

Mirang holh nai harh deuh sual ahcun, hitin na chim khawh:

“Hi, can you please call me back with Hakha Chin interpreter?”






My number is [na number kha Mirang holh in chim] “

Service	Pehtlaihna	Zeidah an in bawmh khawh?
<p>Migrant Information Centre (Eastern Melbourne) (MIC)</p> 	 (03) 9285 4888 <a href="http://miceastmelb.com.au/">http://miceastmelb.com.au/</a>	<p>MIC cu Melbourne nichuah lei sang ah khuasami pumpak, chungkhar le miphun dangdang bawmchan in rianṭuannak a si. Na herhmi phunphun kongah an bawmtu ding MIC ah mino ca rianṭuantu an um. MIC nih adangdang bawmchantu pehtlaihna le zeltindah pehtlaih ning a si ti vialte kongah an bawmh khawh.</p>

<p>AMES Youth Services</p> 	 13 2637 <a href="https://www.ames.net.au/find-a-course/youth-services">https://www.ames.net.au/find-a-course/youth-services</a>	<p>AMES Australia Youth Services cu ralzam, mipeem le ramngeitu mino hna nih an tikhawhnak a sangbik an phak khawhnak hnga ca le Australia ram ah nun sunglawi in an nun khawhnak hnga ding caah bawmtu an si.</p> <p>Bawmhnak phunphun, cacawnnak program, theihhngalhna i cheuhbauhnak, rian kong lamhmuhsaknak, chimrelpiaknak, hawikomh pehtlaihnak lohma phunphun komh zau in, zeitindah mino hna nih Australia i khuasak hram an thoknak ah an tonmi dawnkhantu vialte kan phenhei piak khawh hna lai ti caah rian a tuanmi kan si.</p>
<p>Eastern Access Community Health (EACH)</p> 	 1300 00 3224 <a href="http://www.each.com.au">http://www.each.com.au</a>	<p>“EACH Youth and Family Counselling Team cu Headspace he i bawm zau in City of Whitehorse, Knox, Maroondah, Yarra Ranges le a pawngkam sang hna he pehtlaihnak a ngeimi hngachia, mino le an chungkhar hna amanlo in ruahnak cheuhnak bawmhnak (counselling) petu kan si.</p> <p>Ruahnakpetu nih an in bawmh khawh mi hna cu:</p> <ul style="list-style-type: none"> <li>· Thinlung he pehtlaimi zawtnak (tcn. Lungretheihnak le thinlung thachiatnak)</li> <li>· Nu le va i pehtlaihthiamnak</li> <li>· Nehsawhnak</li> <li>· Ngaihchiatnak le sungnhak</li> <li>· Mah le mah i hmuhning</li> <li>· Fale zohkhenh thiamnak</li> </ul> <p>Kan sin tuanmi ruahnakpetu hna nih aphunphun kongah bawmhnak an pek khawh: Nunawading, Ringwood le Headspace Knox hna telh in</p> <p>Bawmhhalnak a um tikah a leng zongah kan kal kho.</p> <p>EACH Youth and Family Counselling Team nih hawikomhnak le ngandamnak pehtlai phu tampi zong kan ngeih fawn hna.</p>

<p>Headspace</p> 	 <p>(03) 9801 6088  <a href="https://headspace.org.au">https://headspace.org.au</a></p>	<p>Headspace cu mino hna nih an nunnak ah harsatnak an ton caan ah – an mah ke tein an dir than khawhnak ding le hmailei ah an mahtein an thinlung ngandamnak an ngeih khawhnak ding caah thazang an ngeih khawhnak nga bawmhnak kan pek hna.</p> <p>Kan riantuannak ah a biapi bik cu, ai thlengnawng pengmi le aiphundang ngai tawnmi mino hna i an herhnak le an mah abawmtu hna nih an herhmi an hmuh khawh dingmi kha a si.</p> <p>Cucaahcun, kan tuahmi kip ah abiapi bik cu mino an si i kan riantuannak muisam suai, thanchoter le aphichuak cuanhnak kongah mino hna hi abiapi in ai telmi an si.</p>
<p>Eastern Community Legal Centre (ECLC)</p> 	 <p>(03) 9285 4822  <a href="https://www.eclc.org.au">https://www.eclc.org.au</a></p>	<p>ECLC cu Melbourne nichuahlei ah upadi he pehtlaih in bawmhherhmi hna kha alakka le fawitein upadi lei bawmhnak pek kha a si. Mipi chungah a derthawmbikmi hna i hmaithlak in, i cungtangnak kong le dinfellonak kong hna theih khawh nak le phisinnak ding caah miphun dangdang hna he an thancho khawhnak ding caah direct in rian kan tuan.</p>



<p>Youth Support and Advocacy Service (YSAS)</p> 	 <p>(03) 9890 7855  <a href="http://www.ysas.org.au">http://www.ysas.org.au</a></p>	<p>YSAS cu Victoria ah a um mi harsatnak fak ngaingai atongmi mino kum 12-25 kar, a bik in zu, si le thinlung zawtnak a ngeimi hna bawmhchanhnak petu miak kaw! lo in riantuanmi bu kan si.</p>
<p>Victoria's Youth Drug and Alcohol Advice service (YoDAA)</p> 	 <p>1800 458 685  <a href="http://www.yodaa.org.au">www.yodaa.org.au</a></p>	<p>YoDAA cu Victoria's Youth Drug and Alcohol Advice (Victoria Mino Si le Zu kong Ruahnakpetu) a si. Nangmah cu mino na si maw, mino a siaherh mi na si ahcun, YoDAA nih na herhmi theihhngalhawk le bawhnak fianghlangin a pek khawh. <a href="http://www.yodaa.org.au">www.yodaa.org.au</a></p>
<p>Foundation House</p>  <p>Foundation House</p> <p>The Victorian Foundation for Survivors of Torture Inc.</p>	 <p>(03) 9389 8700  <a href="http://www.foundationhouse.org.au">http://www.foundationhouse.org.au</a></p>	<p>Foundation House nih Victoria ah a ummi hremnak a ingmi maw, adang ralrapmi thil a tongmi hna i an ngandamnak, an thanchonak le nuhrin covo an ngeih khawhnak hnga caah bawmhna a pek.</p> <p>Foundation House nih pumpak le chungkhar ruahnak cheuhnak le dirkamhnak a pek, cun an hon hlan thil an tonmi ruangah fale le mino dirkamh le cawnpiak kho lo tiangin a ummi nu le pa hna i an fale le tleirawl harsatnak a tongmi hna kha a bawmh fawn hna.</p>

Maroondah Youth Services



(03) 9294 5704  
<http://www.maroondahyouth.com.au/Home>

Maroondah Youth Services cu Maroondah City ah khuasami, riantuanmi, cacawngmi asiloah lente aiceihmi kum 10-25 kar mino vialte caah riantuanmi a si. Sining thlen nak, thilthar cawnnak, bawmhnak hmuhnak, na thanchonak maw, hmailei na siduh mi sernak vialte kongah kanmah he rak i pehtlai!



