

# Family Harmony Program



*“By sharing experience and knowledge, people help each other settle into Australia”*

Melaleuca offers the Family Harmony Program for parents who arrived with refugee, humanitarian **or** migrant visas. We aim to create a safe place to discuss experiences of settling and parenting in Australia. We share simple and practical ideas and learn new information from each other.

Groups are flexible and can run from 2-8 sessions, at a time and place that suits the community, this could be during the day or evening or weekend.

Melaleuca provides free:

- **Training** for group facilitators who speak the **language** of the participants
- **Child care**
- **Snacks and refreshments.**
- **Transport** can be arranged if required



The group can choose **topics that meet their needs:**

**Topics that help living in Australia** can include: Settlement, Finding Support services; Australian family law; family issues; children & youth; keeping kids safe; managing money; health and wellbeing.

**Topics to build Parenting skills such as:** communicating in families; understanding your own and your children's emotions ; tantrums and behavior management ; responsibility & honesty ; self esteem; teenagers;



Or **a tailored program** to meet other specific needs of the group.

To find out more or request sessions, please call Melaleuca 08 89853311 and speak with either:

Family Harmony Coordinator: **Issa Yusef** mobile **0437 620 667**  
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Palmerston coordinator: **Dan Baschiera** mobile **0400 274 024**  
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Torture and Trauma Survivors Service of the NT Inc.

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