

BRiTA FUTURES

Building Resilience in Transcultural Australians



A group program all about culture that will help you stay strong when life gets tough.



For young people aged 12- 18

This program is for you if you are living between two (or more) cultures. It is fun with lots of different activities, and it will help you develop life skills.

Each group session is different, with topics like:

- Exploring your own and other cultures;
- Healthy habits of thinking and feeling;
- Communication;
- Conflict resolution;
- Humour and managing stress.

For more information about this services email
SETS@accoras.org.au

