



asetts

### Have you, or someone you know:

- Lived constantly in a state of fear and oppression.
- Witnessed family members tortured, raped or killed.
- Fled your home in fear of your life, often leaving loved ones behind.
- Endured poverty and malnutrition in a refugee camp for many years.
- Settled in a new country with no friends or family, and a different language and culture.

If so, **ASeTTS** may be able to help. **ASeTTS** provides assistance to refugees who have experienced torture or trauma, regardless of their race, religion or political persuasion.

To get further information or make a referral please call 9227 2700, and ask for a Duty Officer.



Ticketed parking available on Stirling Street, and in Brisbane Street Car Park.

Buses 21, 60, 66, 67, 68, 69 & 401 go to **ASeTTS** from the Museum bus stop in Beaufort Street.

**286 Beaufort Street, Perth,  
Western Australia 6000**  
**Ph: 08 9227 2700**  
**Fax: 08 9227 2777**  
**Web: [www.asetts.org.au](http://www.asetts.org.au)**  
**Blog: [www.asetts.wordpress.com](http://www.asetts.wordpress.com)**  
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**ABN 83 460 231 835**

**ASeTTS  
Services**

ASSISTING TORTURE AND TRAUMA SURVIVORS



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# ASeTTS - ASSOCIATION FOR SERVICES TO TORTURE AND TRAUMA SURVIVORS

*ASeTTS provides services to people who are humanitarian entrants or from a refugee type background and who have experienced torture and/or trauma in their country of origin, during their flight to Australia, or while in detention.*

## **Short-Term Torture and Trauma Counselling Services (IHSS)**

This service offers assessment, support, and short-term counselling to newly arrived refugees who have arrived under the Integrated Humanitarian Settlement Service (IHSS). The programme targets early intervention to address torture and trauma issues.

## **Flexible Counselling Services**

Counselling services are available to individual adults, children, couples and families. Counselling may be short or long-term, depending on individual needs. Additional services include advocacy, referral to other service providers and to the ASeTTS sessional psychiatrist.

## **Strength to Strength**

Strength to Strength is a joint program between ASeTTS and Relationships Australia WA. Its goal is to help refugee families build stronger relationships and enhance the lives of individuals, families and communities. Strength to Strength provides counselling, information, community development activities, referral and advocacy for families.

## **NAYS: Newly Arrived Youth Support Reconnect Service (NAYS)**

Under the NAYS initiative, ASeTTS is funded to deliver services to newly arrived young people who have arrived in Australia in the previous five years. Participants must be aged from 12 to 21 years and be homeless or at risk of homelessness. Services assist young people to overcome personal and social barriers and to increase their social and economic participation in Australian society. NAYS provides counselling, information, community development activities and referral services in the northern metropolitan region.

## **Settlement Grants Program Generalist**

ASeTTS provides services for people who are permanent residents and have arrived in the previous five years as refugees or humanitarian entrants. The program provides information, referral and advocacy services relating to domestic and social issues arising out of the settlement experience. It enables clients to develop skills and relationships that will help them gain the knowledge and confidence to access mainstream services and increase their participation in the broader Australian community.

## **Families in Cultural Transition Program (FICT)**

The FICT program is a series of workshops designed for refugees living in Western Australia. Its aim is to simplify the process of understanding and adjusting to their new environment. Bicultural facilitators are trained to conduct the program in small groups within their own communities.

## **Consumer Participation**

Consumer participation is facilitated through United Voices, ASeTTS' Client Reference Group. United Voices meets once a month to provide feedback on current ASeTTS services, policies and procedures and to provide advice regarding future activities.

## **Groups**

ASeTTS operates centre based groups aimed at breaking social isolation and increasing clients' participation in broader society. The Former Yugoslav Group, Multicultural Women and Men's Group and Multicultural Parent and Child Group meet on a weekly basis throughout most of the year. Different activities, excursions and workshops addressing a range of issues of interest to group members are offered. The groups are open to people from humanitarian backgrounds. The Parent and Child group is for parents with children aged 0-5 who would benefit from a supportive play environment. The group helps parents enhance their relationship with their children and encourage healthy child development.

## **Good Food for New Arrivals**

Using a community development approach for the culturally and linguistically diverse (CaLD) population, this program is focused on developing culturally appropriate nutrition education resources.

## **Volunteer Program**

Volunteers provide support for refugee families seeking to establish a new life in Australia. Volunteers receive ongoing supervision and support while in the program. The aim of the program is to support the settlement process for people from refugee backgrounds and foster their sense of confidence and independence in their new environment.

## **ASeTTS Research and Training**

ASeTTS delivers a range of high quality professional development and specialised workshops for people working with refugee clients. A diverse range of workshops enables participants to develop greater knowledge, skills and experience for working with young people, families and communities who are survivors of torture and trauma.

For information on the full range of our training please refer to the ASeTTS training website at [www.asetts.org.au/training](http://www.asetts.org.au/training).

ASeTTS values ethical and robust research which contributes to our knowledge base, improves service provision, informs public policy development and debate. Please refer to the ASeTTS website for information on the research policy and procedures.

*For further information*

**Phone 08 9227 2700**

**Fax 08 9227 2777**

**ABN: 83 460 231 835**

**[www.asetts.org.au](http://www.asetts.org.au)**

**Blog: [www.asetts.wordpress.com](http://www.asetts.wordpress.com)**

**[www.facebook.com/pages/ASeTTS/185545044802874](https://www.facebook.com/pages/ASeTTS/185545044802874)**

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Donations to ASeTTS are always welcome and membership is encouraged. Donations of \$2 or more are tax deductible.