

From Enaam's Desk

Dear readers

Welcome to 2009, we wish you a very happy, peaceful and healthy year.

2008 brought lots of challenges and learning opportunities, which helped us develop structures, policies and programs that are more responsive and meaningful for the culturally and linguistically diverse communities.

Throughout 2008, PEACE services were actively involved in influencing the state government HIV/AIDS and hepatitis C action plans. The state action plans were developed in consultation with all service providers and clients affected by those viruses, while paying attention to surveillance data and other patterns and anecdotes. The plans provide a framework and guidance for the next three years.

PEACE also became a member of the SA Health Steering Committee on HIV/AIDS and Hepatitis, which is a new committee that was formed by Health SA to provide advice to the Minister on those issues. PEACE's role is to ensure that issues of culturally and linguistically diverse people are addressed at the highest possible level; therefore, your opinion, experiences and concerns are very important to us and we urge you and your community to get in touch with us so that you can participate and help address those issues. The funding for the next three years, commencing July 2009, will reflect the new direction and programs.

Over the last 12 months, the Office of Problem Gambling has also been reviewing their policies, funding arrangements and services for people affected by problem gambling. We now have a new framework - which ensures that Gambling Help Services reach out to metropolitan and country areas - in addition to services ranging from education, prevention and awareness campaigns all the way to extensive therapy within a hospital. A number of almost-new services, such as financial counsellors and services for people who have committed a crime as a result of their gambling problem, were expanded further. Please refer to the list of funded services on page 11.

Remember that all of those services are absolutely confidential and non-judgemental. In line with the new framework, PEACE has now developed a case management system to ensure that clients who arrive in Australia as migrants or refugees get all the support that they need to access gambling help services and stay with the service until they have completed the treatment sessions, regardless of their year of arrival. I'd also like to bring to your attention the new codes of practice which many gaming venues have adopted to help recognise people with gambling problems, minimise their gambling activities and refer them to Gambling Help Services.

How can we address communicable disease issues such as HIV/AIDS and/or gambling without talking about and addressing relationships issues? In the previous newsletter, we wrote about our relationships education programs for multicultural communities, and we also introduced you to our two multicultural counsellors who work with PEACE and Community Educators to reach out to the multicultural communities. We have noticed that multicultural people are referred to us or themselves seek counselling services only when there is a crisis situation, often when the problem is between married couples, but rarely about parenting or intergenerational matters.

Migrants and refugees have lost their close supportive networks through migration and their responsibilities towards their loved ones whom they left behind. This, coupled with some other social and health issues such as illness or gambling, puts enormous pressure on individuals and cause fragmented relationships and domestic violence. This can threaten the closeness of the family unit, which can have long-term problems and consequences. Relationships

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Australia (SA) strives to reach migrant families before they reach the crisis point. Our services through the Family Relationship Centres (location and contact details on page 11) employ family advisors to provide information and to direct families to the right services, to help them achieve their desired outcomes. In addition our two multicultural counsellors, Ms Fattaneh Scott and Ms Gillian Kariuki, are always ready to answer your calls and discuss any issues you may have. They can be contacted on (08) 8245 8100. Our services are absolutely confidential and we will work with you and any other person that you would like to bring for support. We can also provide interpreters each time you need our service.

On another note, I would like to express my gratitude and say how humbled I am by all the positive comments we get about our commitment and willingness to work alongside the community to ensure that they have the last word on how programs should be delivered.

Many thanks to all who contributed and made sure that their voices are heard, whether it was positive or negative. We are very grateful to receive those comments as it reminds us to reflect on our practices and directions.

Let us work together to improve our family and community relationships and ultimately preserve happiness, peace and health.

Happy reading,

Enaam Oudih

Who is new at PEACE?



Hi, my name is Stella Koukouvitakis. I joined the PEACE team in October 2008 as a Project Officer. I took this role over from Lola Aviles, who will be returning in June 2009.

I come from a Greek / Australian background. I was born here in South Australia. My father came to Australia in the 70's, when there was a

large Greek migration. I have a small family; my parents, young sister and myself.

My professional background has been mainly focused on Alternative Education and Peer Education, which means I

have a lot of experience with community education and similar concepts. I have a lot of experience working with youth, and multicultural and indigenous communities. I have recently returned from living in Asia for two years where I was working as a volunteer with an AUSAID program.

I am very happy to come on board with the PEACE team. For the last few months I have been getting a handle on the ever changing needs of the PEACE program. My role is to take care of the Community Educators and ensure their professional development. I also manage the administration of the Community Educators' Program, and work to meet the guidelines of the program set by our funding bodies. Another part of my role is the design and delivery of the Community Educators' Training each year.

Please feel free to pop in and see me, or give me a call at any time for any reason!

2008 Community Educators' Training

Each year the PEACE program delivers free training to members of the Multicultural Communities in South Australia. The training provides participants with information about key issues such as HIV, Hepatitis and Problem Gambling.

This year's training was attended by 15 people from a variety of communities, including the Sudanese, Egyptian, Liberian, Eretrian, Filipino, Polish and Lebanese communities, just to name a few!

The training is divided into two sections. Section one is information based and section two is focused on providing participants with qualifications to allow them to work effectively with their own communities.

Section one of this year's training was designed and delivered by Stella Koukouvitakis and Anezoula Karpathakis. The feedback received about the training was positive. Participants felt comfortable with the educators and the other participants and mentioned that not only did they gain knowledge, but a new appreciation for different cultures, as well as making many new friends.

The participants are keen and looking forward to section two of the training. Once participants have completed this final stage, we will begin the intake for the new group of Community Educators. The PEACE team and participants are all very excited about the talent that this new group will bring to the program.

Reflections on the Community Educators' Training by two of the facilitators



Shabeena and I wanted to offer the following thoughts about our experience in running the HIV training day for community members completing the Community Educators Training.

First of all, it was wonderful to be in a room of people from 11 different cultures, and to hear stories of the rich life experiences you chose to share with us. We recognise that talking about sex in such intimate and detailed ways in front of a mixed group of strangers may have been a first for many of you and we thank you for the courage you showed and the laughter it generated. We also wish to thank you for the honesty you showed when we did the exercise looking at community beliefs around homosexuality, injecting drug users, HIV positive people and sex workers and thank you for being open to new ways of thinking about these groups of people, and their places in your own communities and the wider world.

The interest and energy you showed through participating, sharing your stories, asking questions and challenging ourselves and each other meant we all came away from the day having learnt something new, having had some fun and having had a think about how you may tackle this sensitive subject in your communities.

We wish you well in your course and thank you for your interest in helping to protect your communities from the awful consequences of being infected with HIV and for your kind and compassionate thoughts for people already living with this illness.

A special thanks to Anezoula and Stella who invited us to join you for this session and for the good work they do in helping multicultural communities address some of the many problems they face living in this modern world of ours. Take care and hope to catch up with you all soon!

David Vermeeren - HIV and Hepatitis C Coordinator - Relationships Australia (SA)

Shabeena Laundry - HIV and Hepatitis C Educator - Relationships Australia (SA)

Community Educator

Name: Ivan Taban
Place of birth: Loa- southern Sudan



Ivan is the third born of seven children, with four younger sisters who followed him, and two older brothers. He completed his primary school in Sudan in 1987, however, by 3 March 1989 the civil war in Sudan forced Ivan, his elder brother and three sisters to cross the border into neighbouring Uganda, separating from his Dad, other brother and a sister.

He lived and grew up in the refugee camps in the northern part of Uganda where the situation was not much different from that in the Sudan, with Uganda's Lord Resistance Army (LRA) rebel activities going on in the region.

When in the refugee camp in Uganda, Ivan sat for his primary leaving certificate in 1991, and from 1992-98 he joined Apostles of Jesus minor seminary in Moroto, Uganda to become a Roman Catholic priest. In late 1998 he was admitted in the major seminary and until 2001 he studied philosophy and graduated in 2002 with degree in Philosophy.

With all resources being directed towards Ivan's education, his other brothers and sisters were being left behind educationally, so he decided to quit his calling in order to 'spread the resources around'. In 2001, Ivan became a high school teacher in one of the refugee founded senior schools. With his salary he paid for his brother's and sisters' school fees. In 2003 he undertook Postgraduate studies in Education and completed it in August 2004.

On November 15, 2004, after 3 years of waiting to settle in Australia, Ivan's flight schedule was at last revealed to him - a day before the actual take off. On his arrival in Adelaide, life didn't seem promising. He began interpreting and translating Madi language, something he never thought of doing, and got himself a job in food processing. Ivan trained with Relationships Australia (SA) and graduated in early 2008 as a Community Educator.

In July 2005, Ivan secured a scholarship with UniSA to pursue a Masters in Business Administration (MBA) which he completed and graduated in 2007.

Currently Ivan is studying at Flinders Uni, pursuing a Masters of Law (International Law and International Relations). He's hoping this will earn him a future job to support his brothers and sisters back in Africa.

Narrative Theatre

Many communities have experienced a lot of pain, and all of them deal with problems every day. When people or groups are in situations that threaten their very existence (e.g. displacement by war, poverty, disasters like tsunamis, community violence) they can become so overwhelmed by what is happening to them that they feel powerless to do anything about it. Often family, neighbours and friends are far away and there can be few places to turn to for help.

Narrative Theatre is one way of helping people to deal with negative social situations and aims to promote togetherness, responsibility and social change by making social and power differences more visible and genuinely working towards a fairer process of participation.

Narrative Theatre is fundamentally based on a social notion of growth and thus is designed for group work contexts. It is about community empowerment, whereby individuals take personal responsibility and benefits. Narrative Theatre works to find collective answers to deal with individual problems by using the strength and creativity of a community. Fostering thoughtful, creative interaction between individuals, families and communities is a way of strengthening the social fabric of a whole community and promoting social change.

Narrative Theatre is a method that makes use of drama and storylines taken from participants' own stories. Using people's own life stories ensures that the work is culturally appropriate and relates closely to the participants' contexts. The stories are told and acted out by the participants themselves.

Narrative Theatre works to change "problem" stories to "strength" stories

- The stories are constructed collectively
- It allows local knowledge to inform the stories
- It creates an experiential space
- It also creates an experimental space

The aim is to assist communities by modeling and facilitating

- creative problem solving
- working towards realistic preferred outcomes
- the transfer of skills gained to address other problems in different contexts
- building self- and collective confidence and esteem
- helping other people and being able to accept help from others
- rejection and absolute lack of reliance on shaming or blaming others
- build self- and collective

Participants who work together on these stories can come to feel united and strengthened by the knowledge that they are not alone with their problem. This is not a simple story however, because it is also necessary to bring together different groups who may be in the same context but have a different problem or a different view of the same problem. A lack of relationship/understanding between different groups is a barrier to social action thus Narrative Theatre seeks specifically to bring groups together, then facilitate understanding, trust and support.

Narrative Theatre is about encouraging participants to climb out of doom and gloom by enabling them to experience (from their own stories and acting) their abilities and talents so they can first believe it is possible to find ways of dealing with the situation, and then progress to problem-solving.

The fact that there is an entertaining side to the work helps community workers to deal with 'deadly' serious problems in a way that holds people's attention and generates energy. Most of the understanding will come from encouraging the audience to debate issues and explore effects.

Participants are able to "test" and "play around with" their own and others' stories; experiencing themselves in different ways, saying different things and possibly creating different stories that they want to see in their lives. Often, participants become aware that they can make different decisions, even in the same situation.

Despite the constraints and challenges that face community workers, Narrative Theatre methods can bring about hope and the ability to see positive possibilities. This does not mean that the basic inequalities in communities must not be addressed - they should be, but don't wait for this to happen before doing something to help people move forward.

Community Educator's reflection on Narrative Theatre training

By Anezoula

Narrative Theatre Workshop, sounds like fun! Imagine guest presenters from as far away as Africa, the employees of RASA and a sprinkling of Community Educators - around 36 people altogether.

Initially, I was shocked by how many people were in the group, but then I thought that was ok. Just beyond the level of the physical came this strange heavy unease with the presenters; rumour had it that Yvonne from Africa had to leave early to go back home as something had happened.

The day started off with the usual 'getting to know you' type scenario. During 'getting to know you' we had someone tell us some of her feelings around Aboriginal issues. There seemed to be an explosion of these views throughout the day and, I can tell you, it was NOT fun at all, well not the fun and games I was expecting.

The atmosphere got thicker and thicker, around me were some really deep frowns and fidgety seats. At first it felt like an attack and I wasn't sure if I wanted to stay. I always thought I was like Aboriginal people - a wog and an outcast even though I was born here. All of a sudden I was white! Were we in the Theatre? Did I not get it?

You see, I took it personally when these people were telling us how it is for them. What a turn-around, what a revelation, and what a relief. I just wanted to play, get hand outs and view overheads - that would have been less confronting, and less authentic.

Now there's a word, Lillian mentioned the word 'authentic' and 'let's get real'. That for me was the point at which my emotional processing began. I know I'm authentic, how does one be authentic all the time, how do we 'get real' with the people we work with? I'm glad I did not leave. I can still see Casper with her stick, and her presentation that was really confronting too.

Yes, I'm glad I did not leave.

Macedonian Collective Trauma "Reclaiming the Identity" Mental Health ArtThink Project

By Goran Jovanov

The Macedonian Collective Trauma Project "Reclaiming the Identity" is very much an initiative of the Macedonian community which was identified as a result of the Macedonian Gambling Help Program delivered in the community by PEACE. The participants who attended the workshop identified that trauma is part of the Macedonian collective identity and many of the Macedonian speaking background individuals have experienced trauma in their past due to the difficult socio-political conditions in the Balkan region, in particular in geographical Macedonia.

There were a number of individuals who shared their experiences of knowing a few individuals who fell into problem gambling, due to not being able to make meaning of their past traumatic experiences and consequently not being able to create a comfortable identity for themselves, their family and their community. Not having and accepting their own identity, they were struggling to connect with the community and own family and often felt stigmatised.

The participants of the education program and MCESS (Macedonian Community Education & Support Services) assisted the Mental Health ArtThink program of Relationships Australia (SA), to recruit Macedonian child refugees from 1948, who left the Aegean Part of Macedonia and their families to be part of a project. This project enables them to learn about mental health or healthy wellbeing, relate their experience to mental health learning and share their past experiences to create a community art based product.

The aim of the product is to educate Macedonian individuals, families and others about mental health through its own community narrative, it enables the Macedonian Community to reflect on its learning about identity and to build the community capacity to respond to its own mental health issues that are a result of the identity crisis.

The project has been widely welcomed by community members and leaders and their participation is overwhelming. Through this project, gambling education has now become more meaningful and is better able to relate and help people more effectively. Stay tuned about the upcoming community workshops relating to intergenerational trauma and launching community event of the art based product.

Macedonian Gambling Help Project

By Goran Jovanov

PEACE has been working collaboratively with MCESS (Macedonian Community Education & Support Services) to build strong and meaningful relationships with the Community President, community section's Presidents and the Macedonian Orthodox Priest.

PEACE was able to recruit a number of individuals through MCESS network, who directly and indirectly are affected by problem gambling, and have the ability to influence and support others to get help. For a total of 6 hours the Macedonian Community Gambling Help Program was delivered, focusing on raising awareness of problem gambling to help individuals shift from their position of "I might need help" or "maybe I can address the issue by myself" to recognition of the problem and ways of responding to it. The workshops also focused on building capacity to overcome stigma or shame when seeking help.

It is so pleasing to see that the 20 individuals who participated in this program are currently working towards developing a Macedonian gambling help radio campaign that they identified as an appropriate tool for community education. These individuals will play a major role in getting people to access gambling help services, after hearing the radio programs. Stay tuned about the Macedonian Gambling Help Radio Campaign and its developments.

Cambodian community exploring the value of everyday learning outside of the schools and university

The 2008 Cambodian Community Career Pathway was organised by Sothea Lam, the Multicultural Youth Worker at Parafield Gardens High School, and our Project Officer Goran. They facilitated a session to create a smooth way for the newly recruited Cambodian Community Educators to share their learning with other members of the community. Students of the school and their parents were able to explore how learning happens every day and through the experiences that we have.

Through this presentation and conversation, parents and students became very curious about hepatitis C, its transmissions, treatment and services. Through these conversations, the importance of learning how to keep the community safe from infectious diseases and the role of the Cambodian Community Educators in these important issues became clear.

Participants were very much interested in being involved in the Cambodian Community Education Project and its future events. For many of them it meant that everybody can learn - learning is a natural process and no style of learning is more important than any other style. Parents were very supportive that learning can be more informal and that it is also as important as formal learning.

PEACE talks at the Viral Hepatitis Conference in Brisbane

Enaam Oudih, the Manager of PEACE, was invited to be one of the keynote speakers at the International Viral Hepatitis Conference at Brisbane. Enaam presented on the invisible issue of hepatitis B, and how it affects the multicultural community in South Australia.

The presentation attracted the attention of 600 people, and there were many positive comments, with people stating that it was delivered with much passion and provided an insight to the problem of hepatitis B and possible strategies to deal with it. The presentation also generated lots of debate and discussion between different national service providers and PEACE submitted a grant application to conduct a national project.

The same presentation was also given at the Heplink forum organised by the Hepatitis C Council which resulted in organising a new Hepatitis B Network which includes specialists nurses from all major hospitals and the Hepatitis C Council.

PEACE hopes that through this network we can continue our lobbying to ensure that hepatitis B specific services are developed for multicultural communities in South Australia.



Sudanese and other African women learning about safer sex

Sudanese and other African women have accepted the challenge of learning about safe sex and taking control of their sexuality to prevent sexually transmitted diseases, in particular HIV. A number of workshops were conducted for women living in the North-Eastern suburbs of Adelaide. These were run by three PEACE Community Educators, Sarah, Athieng and Amel, in collaboration with our Counsellor Gillian (also from an African background) and our Sudanese Project Officer Johnson, supported by Ms Carla, a Sudanese elder and female leader for the African Women Federation. A total of 93 women participated in the workshops.



Women had the opportunity to talk women's business in a safe environment, to acquire new knowledge and debate ideas and ways forward. Women also had the opportunity to learn how to negotiate safe sex with partners and how to be in control. The majority of women stated that it was their first time as African women talking to African workers about such issues. They said they learnt so much, particularly about male and female condoms.

A majority of the women showed eagerness to discuss safe sex, and were interested in attending a voluntary health check. Their commitment to such issues was also demonstrated by their willingness to encourage their partners and other men in their family to attend similar sessions designed specifically for them and by helping to organise more women's sessions for their own sub communities.

We thank all who were involved in organising such a challenging workshop, a job well done!

Please ring Johnson on (08) 8245 8100 to enquire about similar future workshops.



The common journey of people with gambling problems

Life can pose many challenges for us, and sometimes without us noticing they may become overwhelming because we might fear to ask for help. Although gambling can be used as a relaxation and a bit of fun, unfortunately in many cases it is used to escape from worries, concerns and problems in our family, relationships, work or other areas of life.

Many people do not seek help until it is too late, and only when the situation reaches a crisis point, such as not being able to pay bills, separation, loss of job, facing an eviction or a criminal charge, depression or suicidal thoughts. The small action research conducted in 2007/2008 by PEACE in collaboration with the University of SA, revealed that people do not seek help early enough because of embarrassment, shame and fear of losing face. In addition, some people don't know that those services exist and/or cannot imagine how a person such as a Counsellor could help them control their own gambling practices. Some have different expectations of what the gambling help services really offer.

When we do not notice gambling and we do not pay attention to how much time and/or money we spend, we can run the risk of letting gambling turn into an uncontrollable practice and as a result, other problems that we face, become bigger until it is overwhelming. We might then decide to do something about these problems and deal with it on our own, but we also may struggle to turn things around and somehow we continue either to make little progress or go backwards and make our life more miserable.

Fortunately, there are a number of free Gambling Help Services to help us get out of the cycle. There is a list of all those services on page 11. Those services are funded to meet the holistic needs of people who have gambling problems, as well as their family members. The role of the helper within these services is to help us turn things around and find ways to change our lives so that we can manage the stress, the worries and the problems better. The helper will help us understand the problems and teach us how to control our emotions and thoughts.

PEACE Multicultural Gambling Help Service is one of those services. We specifically work with individuals and/or families of multicultural background and every effort is made to provide you with services that are culturally sensitive and meaningful for your life circumstances.

When you are getting help from PEACE Multicultural Gambling Help Services:

- You will have a Case Worker who will be your first point of contact, someone who will have conversations with you about your concerns and issues, as you perceive it.
- Your Case Worker will work with you to develop a plan that will respond to the issues identified by you. The plan may tackle your gambling, relationships, health, legal issues, mental health or other areas.
- Your Case Worker will work with you to develop short and long term goals in managing and changing your life in relation to your relationships, family and employment issues.
- When there is a need to use other relevant services, your Case Worker will accompany you to ensure that you are supported throughout the whole journey.
- Your name, identity or situation will not be discussed with anybody without your permission and all sessions with your Case Worker will be confidential.
- The Case Worker will advocate on your behalf, if other services are not meeting your needs.
- We can assist you to talk to your family about the situation.
- Your Case Worker will meet you anywhere you feel safe and comfortable, such as our office, your home, coffee shops, or somewhere neutral to discuss issues during your journey.
- Your Case Worker is professionally trained, understands cultural issues and adheres to strict confidentiality policy and privacy laws.

In other words, your Case Worker will always spend the time with you at a place of your choice to help you complete your journey of controlling gambling.

If you wish to talk to us about your current situation, contact us on (08) 8245 8100 and ask for me.

Goran Jovanov

Project Officer, PEACE

Three sides of the Coin

Three sides of the Coin was developed by the Migration Museum, a Division of the History Trust of South Australia with support from the Health Promotion Branch Department of Health, Department for Families and Communities and 'Dicey Dealings' Department for Education and Children's Services funded by the Gamblers Rehabilitation Fund.

The exhibition was originally shown in the Migration Museum and was then held in the Civic and Findon Library from December 2008-March 2009.

The exhibition focused on the social and historical context of gambling in South Australia and in particular the experience of migrant communities.

The aim of the exhibition was to allow people to gain a better understanding of the context of gambling for multicultural communities. The name of the exhibition; 3 sides of the coin; relates to the benefits, costs & consequences of gambling.

Civic Library, 72 Woodville Road Woodville
Findon Library, 222 Findon Road Findon
T 08 8408 1333
www.charlessturt.sa.gov.au





3 Sides of the Coin

The history and social impact of gambling in South Australia

Exhibition Civic Library December 2008 - January 2009
 Findon Library February 2009 - March 2009

Gambling in Context - Public Programs

The Chinese Community - PRESENTED BY THE OVERSEAS CHINESE ASSOCIATION
Friday 9 January, 5.30pm-6.30pm, Civic Library

The Middle Eastern Community - PRESENTED BY RELATIONSHIPS AUSTRALIA (SA)
Friday 23 January, 5.30pm-6.30pm, Civic Library

The Greek and Italian Community - PRESENTED BY RELATIONSHIPS AUSTRALIA (SA)
Thursday 5 February, 5.30pm-6.30pm, Findon Library

The Real Odds - PRESENTED BY TAFE SA
Thursday 19 February, 5.30pm-6.30pm, Findon Library

To register to attend the sessions call 8408 1333





The Community Educators from PEACE Multicultural Services were invited to be involved in this project. The Community Educators from both the Greek and Middle Eastern communities provided information about the history of gambling in their communities through two community engagement sessions. These sessions were open to the general public and specifically to members of these communities. The events provided an avenue for community members to discuss issues connected to problem gambling and increased awareness of these issues to the general public. The sessions were well received and informative.

Afghani Families welcome meeting with living history of Riverland: Report on Afghani Family Day 4 October 2008

On Sunday 5 October, Renmark Afghani families and RASA ArtThink staff held a family day to celebrate the ending of the fasting month. The picnic was held at the Monash Adventure Playground in the Riverland area. The Family Day was also organised to help build a sense of community for many local families.

Earlier conversations with Afghani men and women had indicated that families living and working in the area were yet to organise regular events which brought families together and helped to define community for them. Relationships and networks existed, but the men in particular reported it was difficult to organise events, especially given that many people worked long hours in the fruit industry.

On the day, Afghani families were surprised and delighted to be welcomed by Mrs. Mona Akbar and her family, who are of Afghan and Aboriginal heritage. Mona was raised in Renmark in the 1930's as a Muslim child. Her father was an Afghani Cameleer and mother, a Wongai woman from Western Australia.



Alec, Mona, Jan and Fattaneh get together

Mona officially opened the family day by talking about both Afghani and Aboriginal heritage in Australia, and shared stories about her own early life. These included the challenges of living within three cultures: her dad's, her mum's and the Anglo culture of Renmark's public life. Her audience took great interest in this history and learning. They also enjoyed looking through a book Mona brought along on Australia's Muslim Cameleer heritage, which featured pictures of Mona's parents and other pioneer Afghanis.

The idea of inviting Mona to meet with the families was to introduce them to this heritage and deepen their knowledge of Afghani identity in their local area. Alec Wilson, Senior Aboriginal Project Officer with ArtThink worker said afterwards:

'When I heard that they were going to have a family day, I thought it would be great for these people to hear about the previous generation of Afghans in the area, so that this might give them more connection between their homeland and Australia. The idea of ArtThink is about families coming together. When I saw the men and women meeting with my mother and us (Alec and his sister also came along), I thought "this is great!" because it is about people meeting each other and learning about culture and heritage. This was about people meeting as families, rather than as individuals.'

Fattaneh Scott, Relationships Australia (SA) Multicultural Counsellor, said that this meeting was likely to be very significant for the families:

'It was good because hopefully, the men and women see that people of their background have been here before and lived here successfully, had families and worked hard. It builds a sense of history and relationship. The families learned that Mona's father is buried in Renmark and this is a very significant connection: that other Muslim people are buried in the local area. This is something the men had worried about and told us in earlier meetings. Burial sites are an important marker of community heritage.'

The family day was great fun and very relaxed. The children played on the different play equipment in the park, with adults enjoying the fine weather and group conversations. About 100 people were present for the afternoon. A fantastic BBQ lunch was provided by James of the Ghan Kebab House, who travelled to Monash for the event. James had to re-light his barbeques late in the day when many young people turned up after playing in the Renmark vs. Adelaide Afghani soccer game.

Since the day, many community members have spoken of their appreciation of this event. Basir Nowrozy, Relationships Australia (SA) Community Educator who regularly works with the community, says that 'the men have told me that the day was really good for the families. They have worked very hard and long hours. They liked that their children could enjoy themselves and be in a bigger group of Afghani children, with their parents. They are looking forward to another opportunity to get together in this way'.

Via the ArtThink Program, Basir and Fattaneh currently assist many Afghani men in this region to learn about mental health and wellbeing. Some men have recently completed a course in Mental Health First Aid and will continue their involvement in ArtThink in the new year.

ArtThink is a mental health community education program funded by the Department of Families, Housing, Community Services and Indigenous Affairs. For further information, please contact Mark Loughhead, Senior Project Officer on (08) 8245 8100 or m.loughhead@rasa.org.au



Basir and his family.

Some gambling help services that can help you

Service: Statewide Gambling Therapy Service (Flinders)

Address: Southern Metro & Rural Areas

Flinders Medical Centre

Bedford Park SA 5042

Phone: 08 8204 4779

Address: 20B John Street

Salisbury SA 5108

Phone: 08 8182 4911, 08 8182 4090

Address: Suite 9, 60 Marryatt St

Port Adelaide SA 5015

Phone: 08 8240 0522, 8240 0833

Service: Offenders Aid and Rehabilitation Service (OARS) SA

Address: 231 Morphett St

Adelaide SA 5000

Address: 87 Dyson Rd

Christies Beach SA 5165

Phone: 08 0700 8218

Help Available: Specialised gambling help service to people who are in, or at-risk of, entering the criminal justice system including one on one assistance.

Service: Pokies Anonymous

Address: Bowden Brompton Community Centre
19 Green St, Brompton SA 5007

Phone: 08 8340 4262

Help Available: Group meetings

Service: Anglicare SA

Address: 9 Mary Street

Salisbury SA 5108

Phone: 08 8256 2170

Help Available: Gambling counselling, financial counselling

**PEACE Multicultural Services**

Personal Education and Community Empowerment is a service of Relationships Australia (SA)

PEACE Multicultural HIV and Hepatitis C Services is funded by the Department of Health (SA)

PEACE Multicultural Gambling Help Services is funded by the Gamblers Rehabilitation Fund, a joint initiative of the Australian Hotels Association (SA), Clubs SA, SkyCity and the Government of South Australia



Supported by
**Government
of South Australia**

General inquiries

(08) 8245 8100

Manager

Enaam Oudih – e.oudih@rasa.org.au

Project Officer

Stella Koukouvitakis –
s.koukouvitakis@rasa.org.au

Working with general multicultural communities on information and education programs.

Project Officer

Goran Jovanov - g.jovanov@rasa.org.au

Working with the Cambodian community, providing training and assessment services.

Gambling help case work.

Project Officer

Johnson Juuk – j.juuk@rasa.org.au

Working specifically with the Sudanese community, providing information, training and support services.

Counsellors

Relationships: Fattaneh Scot
f.scott@rasa.org.au

HIV/hepatitisC: Gillian Kariuki
g.kariuki@rasa.org.au

Vietnamese

Service: Vietnamese Community in Australia (SA)

Address: 62 Athol Street, Athol Park SA 5010

Phone: 08 8447 8821

Languages Spoken: Vietnamese, English

Help Available: Specialised gambling help service to the Vietnamese community including one on one assistance

Chinese

Service: Overseas Chinese Association

Address: 110 Crittenden Road, Findon SA 5023

Phone: 08 8445 1677

Languages Spoken: Cantonese, Mandarin, English

Help Available: Specialised gambling help service to the Chinese community including one on one assistance

Service: Relationships Australia (SA)

Address: 55 Hutt St, Adelaide SA 5000

Phone: 08 8223 4566

Help Available: Gambling counselling, financial counselling

Address: Unit 2, 1273 North East Rd, Ridgehaven SA 5097

Phone: 08 8396 4237

Help Available: Gambling counselling, financial counselling

Address: c/- Centacare, 55 Adelaide Rd, Murray Bridge SA 5253

Phone: 08 8223 4566

Help Available: Gambling counselling, financial counselling

Relationships Australia (SA)

Address: 9 Kay Street, Berri SA 5343

Phone: 08 8582 4122

Help Available: Gambling counselling, financial counselling

Multicultural Gambling Help Service: PEACE Multicultural Services (Relationships Australia SA)

Address: 49a Orsmond Street, Hindmarsh SA 5007

Phone: 08 8245 8100

Languages Spoken: Greek, Arabic, Persian, Italian, Polish, Spanish, Filipino, French, Macedonian, various Sudanese languages, English and other languages

Help Available: Specialised gambling help service to the multicultural community including one on one assistance