

# The Good Life Journey

Before arrival we dreamt about

Work  
Health Freedom  
Safety



We arrived and now we face many issues:



Accepting a new culture

Confusing information

Loss of identity and support system

Feeling ashamed, isolated and homesick

## Stronger families when you

Learn about services that can help you

Always give support to others

Seek support early



Strengthen positive, equal and respectful relationships

Build connections with communities

If you are interested in being part of the positive change movement to assist in creating a good life for all, contact: Mwajemi on 0431 386 372 or Dalitso on 0434 989 385

*Relationships Australia*

SOUTH AUSTRALIA

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