


BRiTA FUTURES

Building Resilience in Transcultural Australians



***A group program
that connects you
to culture and will
help you stay
strong when life
gets tough.***



This program is suitable for anyone from a diverse culture.

We help people who want to develop a deeper connection to their new country, community and culture.

Each session will include information and fun activities to practice new skills. Some topics include:

- Exploring your own and other cultures;
- Migration and role changes;
- Values and spirituality;
- Healthy habits of thinking and feeling;
- Conflict resolution;
- Humour and managing stress.



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



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**Queensland
Government**