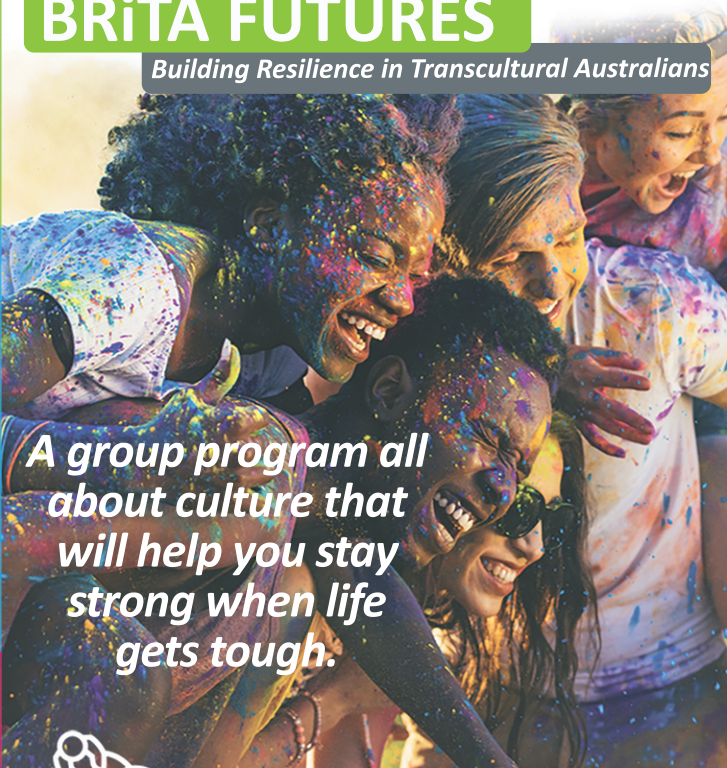


# BRiTA FUTURES

*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](mailto:SETS@accoras.org.au)**

