

ساعدنا على تحسين صحة ورفاه اللاجئين أو طالبي اللجوء صغار السن!

HELP US IMPROVE THE HEALTH AND WELLBEING  
OF YOUNG REFUGEE OR ASYLUM SEEKERS!

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NAGA CAAWI INAAN HAGA AJINO FIYOOBIDA  
IYO CAAFIMAADKA MAGANGELYO  
DOONKA AMA QAXOOTIGA  
DHALINTA YAR!



# SEAT AT THE TABLE

Young people from refugee and asylum seeker background helping  
to improve wellbeing and emotional health!

## INFO SESSIONS:

### WYNDHAM - YOUTH RESOURCE CENTRE

9TH MAY WEDNESDAY

6.30PM - 8.30PM

### MELTON - LIBRARY & LEARNING HUB

11TH MAY FRIDAY

5.30PM - 7.30PM

### BRIMBANK - VISY CARES HUB

17TH MAY THURSDAY

5.30PM - 7.30PM



Call 03 9248 9662 or  
SMS 0416 102 186

[www.healthwest.org.au/projects/  
a-seat-at-the-table](http://www.healthwest.org.au/projects/a-seat-at-the-table)

## ARE YOU:

- ✓ A young person from refugee or asylum seeker background
- ✓ 18-25 years old
- ✓ Living in Melbourne's west

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Are you're interested in improving wellbeing & emotional health in friends and family?

We're looking for young people interested in using arts, dance, media, music, cooking, sports... **ANYTHING** to make a positive change!

SMS "YES" to 0416 102 186 or just come to an info session.

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A Seat at the Table is proudly supported by HealthWest Partnership

