

# Foundation House

## African Australian Youth Program (AAYP)

for young people of African Australian background, their families and communities



**Do you want to know more about your rights, better manage stress and improve your quality of life?**

The AAYP provides a space to express yourself, reflect & get support with:

- Physical and emotional wellbeing
- Legal support
- Referrals and follow up
- Connections and networking

The service is:

- Free of charge
- Voluntary and confidential
- Safe and culturally informed
- Flexible, we come to you or you come to us
- In your language (bilingual worker or interpreter) when required.
- Available to you regardless of how long you have been in Australia, even if born in Australia



**For more information, contact Deng Riak**

Mobile: 0429 589 208 | Office: 03 9389 8819

Email: [riakd@foundationhouse.org.au](mailto:riakd@foundationhouse.org.au)



The Victorian Foundation for Survivors of Torture Inc.

163 Harvester Road, Sunshine, VIC 3020

Reception: 03 9389 8777

[www.foundationhouse.org.au](http://www.foundationhouse.org.au)