

AFRICAN FAMILY WELLBEING PROGRAM



Foundation
House

The Victorian Foundation
for Survivors of Torture Inc.

Let's chat and share ideas on general wellbeing and family challenges!

Parents and caregivers are invited to join a series of webinars with Dr Santino Atem Deng to share ideas on general wellbeing and raising children in Australia, especially during the current COVID-19 pandemic and lockdown.

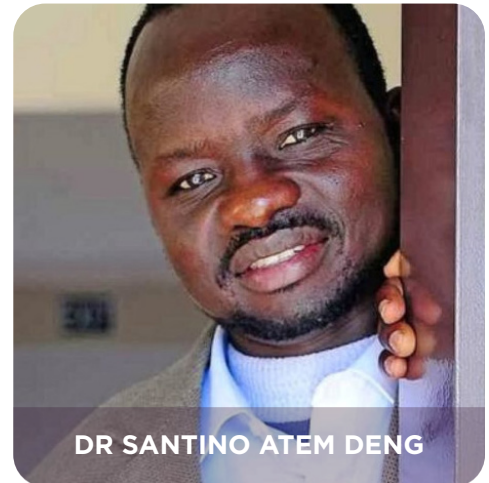
Topics of discussions may include:

FAMILY CHANGES

- What are your current challenges in raising children in Australia?
- Understanding the challenges of transitioning into your new environment (Australia) - what happened and what to do?
- What are your children's needs during childhood and adolescence?
- What do we know about different styles of parenting and characteristics of effective ways to manage children's behaviour at different ages?
- Why is active listening essential within your family environment and in communication with your children?

FAMILY WELLBEING

- What is anxiety, stress, fear and panic attacks? Why do people experience these and how can they cope with them?
- Why do people have flashbacks, nightmares and vivid memories of traumatic experiences/events? Why don't the memories just go away?
- Why do people feel angry and irritable? What are the coping strategies that can help when people feel angry and irritable?



DR SANTINO ATEM DENG

EVENT DETAILS

DATE: Tuesdays in June

TIME: 11am - 12:30pm

LOCATION: Link for the Zoom meeting will be provided upon confirmation of attendance.

For more information please contact:

Dr Santino A Deng
Community Development
Facilitator/Counsellor

M: 0408 572 829

E: dengs@foundationhouse.org.au