



Foundation House

The Victorian Foundation for Survivors of Torture Inc.



OUR MISSION

To advance the health, wellbeing and human rights of people from refugee backgrounds who have experienced torture or other traumatic events.



ABOUT US

The Victorian Foundation for Survivors of Torture Inc. (also known as Foundation House) provides services to people from refugee backgrounds in Victoria who have experienced torture or other traumatic events in their country of origin or while fleeing those countries.

Foundation House was established in 1987. It is a not-for-profit organisation and its work is funded by the Victorian and Commonwealth Governments, charitable organisations and donations from private individuals.

Foundation House offices are located in:

- // Brunswick
- // Dallas
- // Dandenong
- // Ringwood
- // Sunshine

Foundation House also provides services in partnership with other agencies in rural and regional centres across Victoria including: Geelong, Shepparton, Swan Hill, Mildura, Ballarat, Bendigo, and the Latrobe Valley.

Further details about Foundation House offices can be found on the website:

www.foundationhouse.org.au

HOW DOES FOUNDATION HOUSE WORK?

Our services are:

- // Free - including access to professional interpreters if you require this
- // Confidential - we keep your information private, as do the interpreters we use
- // Voluntary - you are free to stop being a client at any time for any reason
- // Supportive - we support your rights
- // Educative - we educate the community about the experiences of refugees.

Have you experienced torture or other traumatic events before you came to Australia?

If so, you may be experiencing problems and you may want to come to Foundation House.

It is normal for people to have difficulties as a result of previous experiences of torture or other traumatic events.

You may have noticed:

- // Sleep problems
- // Thoughts and memories that come into your mind which worry you
- // Feeling nervous in many situations
- // Not wanting to be around other people
- // Poor appetite
- // Little interest in doing things
- // Feeling that you can't trust other people
- // Problems with thinking and concentration
- // Family problems that relate to your experiences
- // Problems with learning or remembering.

You may also be concerned about your children if they:

- // Have some of the same problems as above
- // Are withdrawn, sad, nervous or aggressive
- // Play out their bad experiences
- // Are very distressed when they are separated from you.

We offer a comprehensive range of services to enable recovery from the consequences of torture or other traumatic events. These include:

- // Individual and family counselling
- // Client advocacy
- // Complementary therapies, e.g. traditional herbal medicine, massage and other natural therapies
- // Specialist mental health clinic
- // Group programs
- // Referral to other services.

HOW CAN I ACCESS FOUNDATION HOUSE SERVICES?

- // Phone us on 03 9388 0022 or visit one of our offices
- // With your permission, another person such as a doctor, social worker, teacher, family member or friend may contact us on your behalf
- // For information on how to find our offices, please go to www.foundationhouse.org.au
- // The receptionist will take your name and telephone number and ask if you need an interpreter
- // A Foundation House worker will ring you within two working days.
- // Our contact details, a map of how to find us and transport information can be found on the back of this leaflet.



Note: this brochure is available in other community languages at www.foundationhouse.org.au or phone **03 9388 0022**

TELEPHONE INTERPRETER SERVICE 13 14 50

HOW TO GET TO FOUNDATION HOUSE

DANDENONG OFFICE

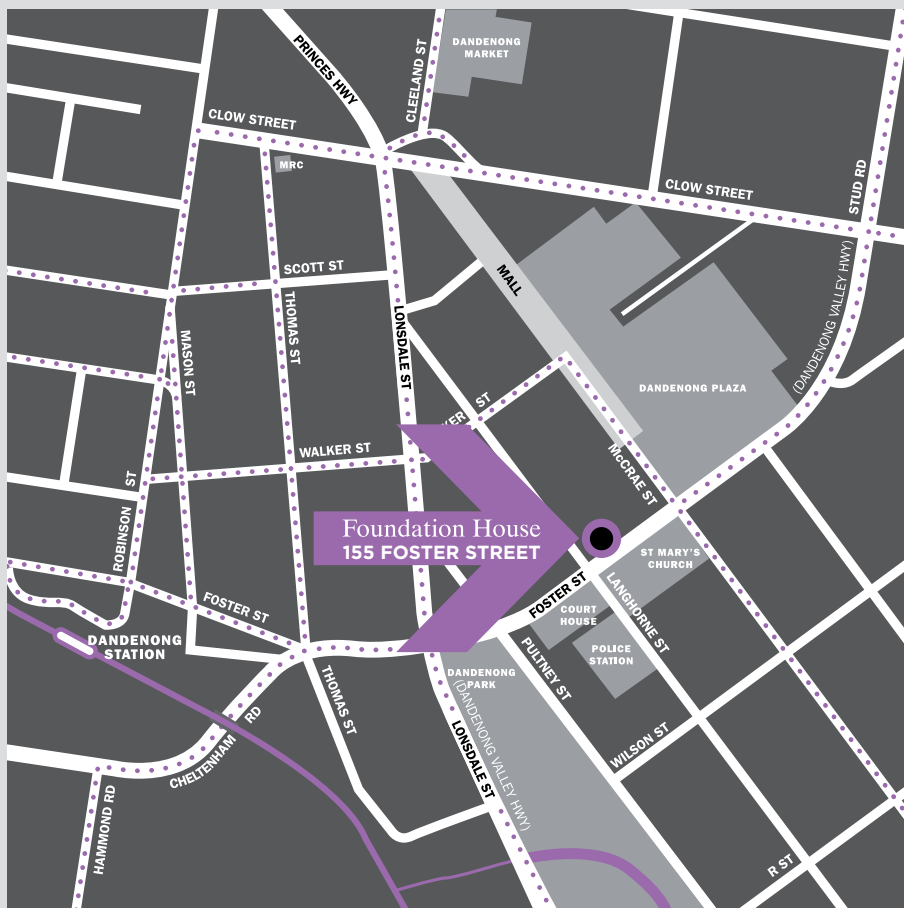
155 FOSTER STREET, DANDENONG, VIC 3175, AUSTRALIA

TRAIN Take the **Pakenham line** train to Dandenong station. Leaving Dandenong station, turn right. Walk down Foster Street, over Lonsdale Street until you reach 155 (on the left hand side) opposite St. Mary's Parish Center.

BUS All Dandenong buses stop at the Dandenong station. Leaving Dandenong station, turn right. Walk down Foster Street, over Lonsdale Street until you reach 155 (on the left hand side) opposite St. Mary's Parish Center.

CAR Melway reference 91A F7. On Foster Street (155) between Langhorne and MacCrae Street. All day car parking is available at the rear of the building (currently \$1.00 per hour/\$8.30 per day) There is also parking available Dandenong Plaza, top level. Parking is available all day for \$4.

Please note that the Foundation House reception does not provide change for parking.



TEL (03) 8788 3333 FAX (03) 8788 3399

EMAIL info@foundationhouse.org.au

WEBSITE www.foundationhouse.org.au



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