



A 12-month mentoring  
program for  
**young people of  
refugee backgrounds**

## FOUNDATION HOUSE

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

Foundation House services include counselling, advocacy, family support, group work, psycho-education, complementary therapies, capacity building within communities, research, schools support and professional and organisational development.

The organisation was established in Melbourne in 1987 and is non-denominational, politically neutral and non-aligned. It is constituted as a not-for-profit organisation managed by an elected Board of Management. Our work is funded by the Victorian and Commonwealth Governments, charitable organisations and donations from private individuals.

## Ucan2

Ucan2 is an education and settlement program that facilitates and supports the social inclusion of newly arrived young people of refugee backgrounds between the ages of 16 and 25. The program assists with recovery from trauma and settlement in Australia, and builds on the young people's strengths, integrating their past and present experiences and supporting their future.

**By fostering partnership between education providers, social support and training and employment services, Ucan2 provides participants with:**

- › access to and engagement in education, training and employment
- › mental health and wellbeing support
- › social connections and networks.

Ucan2 was developed through a partnership between the Victorian Foundation for Survivors of Torture Inc. (Foundation House), AMES Australia and the Centre for Multicultural Youth.

## **WHAT IS THE Ucan2 MENTORING PROGRAM?**

The Ucan2 mentoring program is run by Foundation House, in partnership with employers. On completion of the Ucan2 program, some participants are linked with mentors to work with them one on one.

## **WHAT IS THE ROLE OF THE MENTOR?**

With support from Foundation House, a mentor develops a relationship with a young person to help them with their resettlement. This involves assistance with goal setting, education, practising English, looking for work and social activities. The mentor guides the young person through their resettlement in Australia.

## **WHAT IS THE TIME COMMITMENT FOR MENTORS?**

The program requires a commitment to maintain a mentoring relationship with a young person for 12 months. This involves training from Foundation House, participation in quarterly meetings, and support to maintain regular contact with the young person. This may be through face-to-face meetings or regular phone contact.

## **WHAT ARE THE BENEFITS FOR THE EMPLOYER?**

The mentoring program offers the opportunity for members of your team to make a difference to the life of a young person through taking the time to share experiences and guidance about understanding life in Australia.

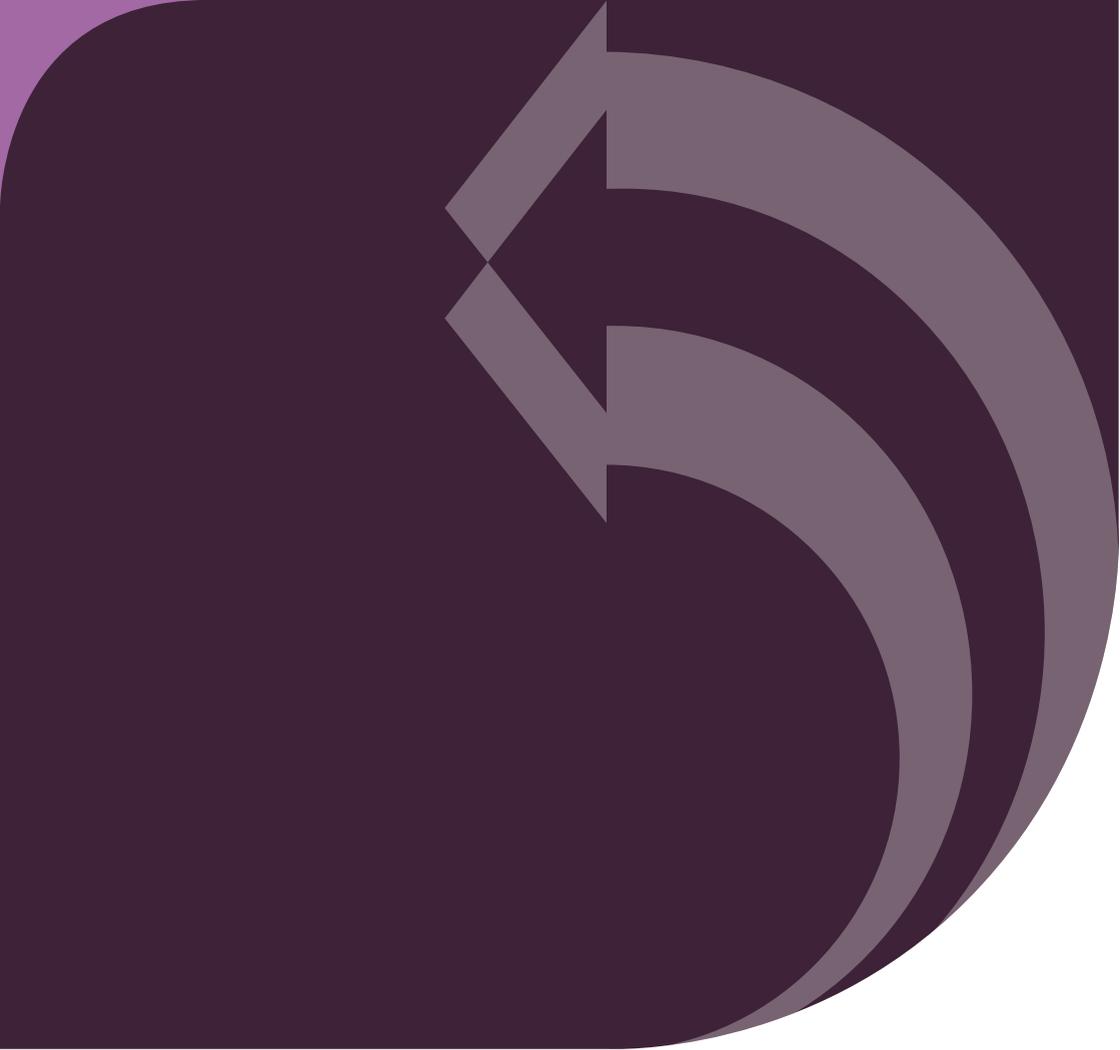
## **WHAT ARE THE BENEFITS FOR THE YOUNG PERSON?**

The mentoring program offers the young person the opportunity to connect with a person outside of their community to support and assist with their resettlement.

## **HOW DO I GET INVOLVED?**

Contact Anne Clifford | Business Partnership Coordinator | Foundation House

0437 352 112 | [clifforda@foundationhouse.org.au](mailto:clifforda@foundationhouse.org.au)



**Foundation  
House**

The Victorian Foundation  
for Survivors of Torture Inc.



**AMES  
Australia**



Foundation House | 4 Gardiner Street Brunswick | VIC 3056 | Australia

**03 9388 0022 | [www.foundationhouse.org.au](http://www.foundationhouse.org.au)**