

REBUILDING SHATTERED LIVES	BANGGHI GHIYOI DHE ZINDEGHIOKKOL LORE BANON
ABOUT US	AARAR BOBOTE
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 feeling those countries.	The Victorian Foundation for Survivors of Torture Inc. (Foundation House o hoo) Zedugguun refugiokkol Victoria maze take arr dhessot zullum arr zalafurra fai acche/ashe ittararre modot ghore .
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 1987 banaghiye Enan oil dhe khi thiya fusso khamadhe organization noi , ettarrar hammolla thiya fassar modot Victorian Komonwealth sorkar gore dhe aar oinno khorati aar gaga manushokkol liyo modot ghore
Foundation House offices are located in:	Foundation Houseor offisokkol eituan zagat asse :
// Brunswick	Brunswick
// Dandenong	Dandenong
// Sunshine	Sunshine
// Ringwood	Ringwood
// Dallas	Dallas
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.	Foundation House se oinno agensir fuwati Victoria agagura ghaungor zaga maze modot ghore misaloil dhe khi:Geelong,Shepparton,Swan Hill,Mildura,Ballarlat,Bendigo aar Latrobe Valley .
Further details about Foundation House offices can be found on the website: www.foundationhouse.org.au	Arro maklumat Foundation Houseor babote www.foundationhouse.org.au website enan not tuai faiba :
HOW DOES FOUNDATION HOUSE WORK?	FOUNDATION HOUSE KHENGHORI HAM GHORE
Our services are:	Aara khi-khi gori hoile :
// Free - including access to professional interpreters if you require this	Mana professional khota bangonnya/interpreter dhi tuarttu lai le
// Confidential – we keep your information	Raaz/amanot-tuarar maklumat arra amanot ghoru raki ,aar interpeterriyu

private, as do the interpreters we use	tuarar maklumat raaz ghoori rakhe
// Voluntary – you are free to stop being a client at any time for any reason	Monor morzi-hono thaimmot tuarattu aarar hase aiba tha enan bongorifariba
// Supportive – we support your rights	Bhol-tuarar haq aara bhol dhi
// Educative – we educate the community about the experiences of refugees.	Fonna-arra semajor manush okkol lore refugikollor tawajju babote shikhai
Have you experienced torture or other traumatic events before you came to Australia?	Australia no aibar agotthu tuara khono zala furra faiyo ne?
If so, you may be experiencing problems and you may want to come to Foundation House.	Zala furra fait tai le , tuarattu dhuk zaibo ghoi .Toile oit fare tuarattu Foundation House khase aforibo
It is normal for people to have difficulties as a result of previous experiences of torture or other traumatic events.	Zala furra faiye dhe manush okkol lottu ghom no lagi bo the enan am khota .
You may have noticed:	Agor mamala ein tuara ot ghoille/faille:
// Sleep problems	Ghummor mosola
// Thoughts and memories that come into your mind which worry you	Sinta Bafanni ayai thaki-thaki tuara re fershani ghore
// Feeling nervous in many situations	Har thaimot dor lage
// Not wanting to be around other people	Manushor fuwati ar urok borek goitto mon noho
// Poor appetite	Khana khom haza
// Little interest in doing things	Khussu ghoriballa mon nai
// Feeling that you can't trust other people	Hono manushor hase tuatu bisshas nowa ye
// Problems with thinking and concentration	Baafna aar dhiyanor mosola
// Family problems that relate to your experiences	Family mosola tuatu ghuzori ghiyoi dhe innolla boli
// Problems with learning or remembering.	Shundor ghoori forrinafaro ar khiyal ghoori nafaro
You may also be concerned about your children if they:	Fuwaindolla yo sinta ghoror aggor fuwain dot thi yo:
// Have some of the same problems as above	Zindilla orre kuuwa ghiye dhe mosola kol sollar
// Are withdrawn, sad, nervous or aggressive	Fuwain nijam takhe,oshanti,dormikka aar uzojja/ghed mikka
// Play out their bad experiences	Ittarar bhura twajju loi khelar
// Are very distressed when they are	Bishi oshanti oi ja goi agor tualloi zuda

separated from you.	takilla
We offer a comprehensive range of services to enable recovery from the consequences of torture or other traumatic events. These include:	Aara khoto khisim modot ghorì fari tuara zala furra faiyo dhe in forrai zaibolla aar ghom oi aibolla.Khi-khi gori khoile:
// Individual and family counselling	Gha-gha aar family kaunseling/busz dhi
// Client advocacy	Kelienorla nasihat/modot
// Complementary therapies, e.g. traditional herbal medicine, massage and other natural therapies	Elash missal, dhesottar hakimi dhabai,motta arwan yian khudrothi elash.
// Specialist mental health clinic	Khas demakkor sihattor klinik
// Group programs	Grouppor program
// Referral to other services.	Oinno zagattu modot faibolla shuwarish
HOW CAN I ACCESS FOUNDATION HOUSE SERVICES?	FOUNDATION HOUSER MODDOT KHIN GHORI LOI FAJJUM
// Phone us on 03 9389 8900 or visit one of our offices	Aara re telefon ghorò nombor ibat 03 9389 8900 noi le aarar khono eikkan ofisot aiyo
// With your permission, another person such as a doctor, social worker, teacher, family member or friend may contact us on your behalf	Tuarar ijazot loi aarekzonne tuaralla aaralloi zuka zuk ghorì faribo missal oiled khi doktor, social worker,mashtoor,family aar fuwajjakkol
// For information on how to find our offices, please go to www.foundationhouse.org.au	Aarar ofis khen ghorì tuai farriba website ennannot zai yo re shek goro .www.foundationhouse.org.au
// The receptionist will take your name and telephone number and ask if you need an interpreter	Resepionistei/telefon tu le dhe iba tuar nam loi bo,telefon nombor loi bo aar fusar ghoribo agor interpreter laibo ne.
// A Foundation House worker will ring you within two working days.	Dhui dheen nor bhutorre foundation houser kham walla ye tuarare telefon ghoribo
// Our contact details, a map of how to find us and transport information can be found on the back of this leaflet.	Aarar kontekor maklumat, tuwaibar noksha aar khiloi aifarribar maklumat hagos enanor fisottu faiba
Note: this brochure is available in other community languages at http://www.foundationhouse.org.au/client-information/ or phone 03 9389 8900	Oinno zabannotto hagoz enan faiba http://www.foundationhouse.org.au/client-information/ or phone 03 9389 8900
Telephone interpreter service 13 14 50	Interpreter/khota banggonya telefon nombor 13 14 50

HOW TO GET TO FOUNDATION HOUSE	FOUNDATION HOUSES BRUNSWICK OFISOT KHENGHORI FOSSIBA
BRUNSWICK OFFICE	
4 Gardiner Street Brunswick, Victoria 3056 T (03) 9389 8900 F (03) 9277 7871 E: info@foundationhouse.org.au	4 Gardiner Street Brunswick, Victoria 3056 T (03) 9389 8900 F (03) 9277 7871 E: info@foundationhouse.org.au
TRAIN	RAIL LOI
Take the Upfield Line train to Brunswick Station. Turn left into Victoria Street, then turn left at the third street into Gardiner Street.	Upfield line dhoriba Brunswick Station zaibolla. Baan daika Victoria Street gholo, tar basse baan daika firro thin nombor rassat Gardiner street tot
TRAM	TRAM LOI
Take the Number 19 (Coburg) tram. Get off at Stop Number 23 on the corner of Sydney Road and Victoria Street. Turn left at the fourth street into Gardiner Street.	19 Nombor dhoru (Coburg) tram. Nombor 23 mazze lamo Sydney Road aar Victoria Street tor kunat. 4 nombor rassat baan daikat firro Gardiner street tot.
BUS	BUS LOI
Route 506 Moonee Ponds–Westgarth Railway Station. Get off at Dawson Street.	Route 506 Moonee Ponds-Westgarth Railway Station. Dawson street tot lamizaiyo ghoi.
Route 508 Moonee Ponds– Alphington. Get off at Victoria Street.	Route 508 Monee Ponds- Alphington. Victoria Street tot lamizaiyo ghoi.
Route 509 West Brunswick– Sydney Road. Get off at Hope Street. Melways reference: 29F7.	Route 509 West Brunswick-Sydney Road. Hope Street tot lamizaiyo ghoi. Melwyas reference :29F7
DALLAS OFFICE	DALLAS OFFICE
Level 4, 61 Riggall Street Dallas, Victoria 3047, Australia Foundation House is located on Level 4 of the Hume Community Hub (multi-level tower). Lifts will take you to Level 4 and Foundation House reception. Tel: (03) 9389 8899 Fax: (03) 9277 7871	Level 4, 61 Riggall Street Dallas, Victoria 3047, Australia Foundation House is located on Level 4 of the Hume Community Hub (multi-level tower). Lifts will take you to Level 4 and Foundation House reception. Tel: (03) 9389 8899 Fax: (03) 9277 7871
DANDENONG OFFICE	DANDENONG OFFICE
155 Foster Street Dandenong, 3175 Victoria Tel: (03) 9389 8888 Fax: (03) 9277 7871 E: info@foundationhouse.org.au	155 Foster Street Dandenong, 3175 Victoria Tel: (03) 9389 8888 Fax: (03) 9277 7871 E: info@foundationhouse.org.au
Take the Pakenham line train to Dandenong station. Leaving Dandenong station,	Pakenham line or train dhojjo Dandenong Station zadhe enan. Dandenong Station lami badhe denk dak fijjo. Foster Street tuttu ari-ari

turn right. Walk down Foster Street, over Lonsdale Street until you reach 155 (on the left hand side) opposite St. Mary's Parish Center.	aiyo, Lonsdale Street farai badhe 155 fossa foribo(baan dakhot) St .Mary's Parish Center loi uzu-zu
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.	Dandenongor beggulun bas Dandenong stationot zira. Dandenong Station lami badhe denk dak fijo.Foster Street tuttu ari-ari aiyo, Lonsdale Street farai badhe 155 fo siba (baan dakhot) St .Mary's Parish Center loi uzu-zu
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.	Melway reference 91A F7.Foster Street (155) ore. Langhorne aar MacCrae Street mazottu. Buildingor khassat tu fura dheen bor parking takke.(\$1.00 eik ghonda ye/\$8.30 dheen ne) Dandenong Plaza,orot talat to parking asse \$4 eik furra dheen ne.
Please note that the Foundation House reception does not provide change for parking.	Foundation Housesor reseptioniste parkingolla bhara fhusa no dhibo.
RINGWOOD OFFICE	RINGWOOD OFFICE
Suite 5, 45-51 Ringwood Street Ringwood, 3134 Victoria, Australia Tel: (03) 9389 8700 Fax: (03) 9277 7871 E: info@foundationhouse.org.au	Suite 5, 45-51 Ringwood Street Ringwood, 3134 Victoria, Australia Tel: (03) 9389 8700 Fax: (03) 9277 7871 E: info@foundationhouse.org.au
Take Lilydale line train, get off at Ringwood railway station. Walk left on Maroondah Hwy. Turn left into Ringwood Street. Walk along Ringwood Street until you see the last building on your left. Foundation House is in the last entrance.	Lilydale lineor train dhoru,Ringwoodor railway stationot lamizaiyo ghoi.Baan dhak ar ro Maroondah Hwy wot.Baan dhak firro Ringwood Street buttore.Ari-ari ayo Ringwoodor Streetot akhiri building fosse fan tuar baan dhakkot.Foundation House oil dhe khi akhiri gholonnor dhorza
There is a big bus station at Ringwood railway station. Many buses stops there in transit, their last destination or start route from there: 270 and 271 Box Hill; 364 Warrandyte; 366 and 367 Croydon, 670 Swinburne University; 679 Chirnside Park; 901 Frankston and Melbourne Airport.	Ringwood railway stationnot borro bus station eikkan asse.Bishi bas okkol are zira.Akhiri station untu zira dhe :270 aar 271 Box Hill;364 Warrandyte;366 aar 367 Croydon, 670 Swinburne University; 679 Chirnside Park; 901 Frankston aar Melbourne Airport
SUNSHINE OFFICE	SUNSHINE OFFICE
163 Harvester Road Sunshine, 3020 Victoria, Australia Tel: (03) 9389 8777	163 Harvester Road Sunshine, 3020 Victoria, Australia Tel: (03) 9389 8777

Fax: (03) 9277 7871 E: info@foundationhouse.org.au	Fax: (03) 9277 7871 E: info@foundationhouse.org.au
Take Sunbury Line to Sunshine railway Station. Turn right into Hampshire Road, left into Devonshire Road and right at Harvester Road.	Sunbury line dhoru Sunshine railway station zaibolla.denk dhak firro Hampshire Roadot,baan dhak firro Devonshire Roadot aar denk dhak Harvester Roadot.
(Approximately 10-15 minute walk.)	(takribaan 10-15 minit ari)
Route 220 (Sunshine – City – Gardenvale) Get off at the corner of Harvester road and Foundry Road . Turn left onto Harvester Road and walk for approximately 5-10minutes. Melways reference: 26 G11	Route 220 (Sunshine-City_Gardenvale) Harvester road or aar Foundry Road or khunot lamizoghoi.Baan dhak firro Harvester Roadot aar takribaan 5-10 minit fan ari zo. Melways reference: 26 G11
Other bus routes that stop at the Sunshine Railway Station are numbers 219, 400, 410, 451, 454, 456 and 471.	Oino basokkol Sunshine Railway Stationot zira dhe oildhe khi bas nombor einokkol 219, 400, 410, 451, 454, 456 and 471.