

# Building stronger families

Tamil



Are you a Tamil man who has moved to Australia from overseas?

Are you interested in learning about family life in Australia and its challenges?

Weekly group sessions beginning August 2020

Funded by Women NSW

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# Building stronger families

Tamil

Do you want to learn how to build strong relationships within your family?

Are you facing stresses and challenges that are impacting on your behaviour and relationships with your family?

You will learn how to build family connections that are strong, respectful and caring during weekly group sessions for Tamil men who are new to Australia. In this free program, you'll gain a better understanding of the thoughts, feelings and behaviours that impact relationships. You will also learn about the dynamics of power and control in families and of relationships between men and women in Australia. This private, confidential program is run by Tamil facilitators and also provides social support for your family.

**When:** A facilitator from a Tamil background will be in touch with you for further discussion.

Group sessions 1pm to 3.30 pm Saturdays August – December 2020 •  
(Please note the group will not run in school holidays)

**Where:** Toongabbie Community Centre, 244 Targo Rd, Toongabbie NSW

**Cost:** FREE!

## Information and booking:

To make a booking, or for more information please call Jessica Harkins on 0435 920 221

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