



Do you come from a non-English speaking background?

Do you or your parents need more information about what it's like to grow up in Australia?

headspace Murray Bridge can help!

Arriving in a new country can have so many challenges! They come from every direction, like learning a new language and can be especially difficult because it can be without family and cultural support. Things can lead to feelings of sadness and strong feelings of alienation which can overwhelm families and individuals as they struggle to adjust.

This may effect may generations, so it can take time!

headspace Murray Bridge offers help to young people (12-25 years) and their families to build stable and strong relationships in the Australian context by understanding ethnicity, trauma, dislocation, culture, family and community structure in a flexible way to help make life that little bit easier.

For more information, please call headspace Murray Bridge on 08 8531 2122.

