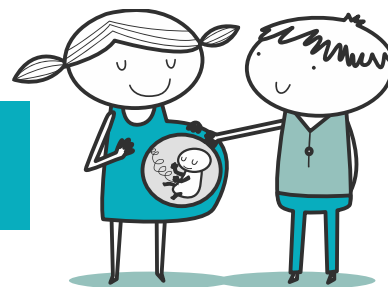


Parent Wellbeing Tip Sheet



Migration

There are many challenges that migrant families can face following their arrival in Australia. These challenges can be compounded by the demands of pregnancy and parenthood. Addressing these problems is essential for the wellbeing of your family in their new home.

Some challenges migrants face include:

- a language barrier
- trouble finding social groups and friends
- trouble finding work, training or education
- the effects of pre-arrival experiences, including trauma and poverty
- difficulty with managing a tenancy
- culture shock
- adapting to different environments

For assistance with any of these issues or related problems, see the Metropolitan Migrant Resource Centre's program list, for social groups, counselling services and general support:

<http://www.mmrcwa.org.au/programe>

The Multicultural Centre for Women's Health also has a bank of resources written in multiple languages. See the link below to access the catalogue:

<http://www.mcwh.com.au/resources/catalogue.php>