

# Migrant Resource Centre Tasmania

## AMPLIFY ABILITY

*Increasing Wellbeing and Self-Confidence*



**Amplify Ability is a 6-month program for anyone from a migrant or refugee background and looking to make new connections, set and achieve goals and improve their emotional health and wellbeing.**

### Amplify Ability is ideal for people interested in:

- **Goal Setting:** Discover and share their passion, wisdom and set personal and social goals with others.
- **Working together:** Co-design the program. Share skills and knowledge with their peers to achieve their goals.
- **Skill Building:** Increase self-care, emotional health, self-management, computer and digital literacy skills.
- **Community Engagement:** Learn how to best access volunteering and other social connections and opportunities.
- **Speaking out:** Learn consumer rights, how to access services and make sure their needs are being met.
- **Peer Support:** Stay focused on goals and participate in 1 to 1 and group mentoring to achieve success.
- **Celebrating Learning:** Share successes and learning with participants, family, friends and carers.

### When

Information and intake sessions starts 27 September 2021.  
Spring Program begins on the 25<sup>th</sup> October 2021.

### Where

Migrant Resource Centre Tasmania  
Level 2, 1A Anfield St Glenorchy

### Eligibility

Participants need to be 18 years or older, interested in the aims of the program and identify with being from a migrant or refugee background. There are no restrictions regarding visa status.

### Commitment:

Participants will need to be able to commit to 2-3 hours per week of group work for the first 10 weeks.

### Enquiries

Potential Participants may contact the Migrant Resource Centre directly, or services providers may use the following form to make a referral.

[Referral-phoenix-amplify-ability.pdf \(mrctas.org.au\)](#)

### The Amplify Ability Journey

#### Stage 1

Meet with a peer worker to identify your needs and goals.

Meet with other participants to help co-design the program



#### Stage 2

Join the 10 weekly workshops with other people who want to share and learn with you.

Have regular catch ups with a peer worker to chat about how things are going.



#### Stage 3

Receive support to pursue your goals into the future.

Celebrate Successes with your family and community.

### Further enquires

#### Contact:

Adam Hammer on 6221 0999  
or mob. 0499 550 848

#### Monday to Wednesday

Or email:  
ahammer@mrctas.org.au

#### For an interpreter

call TIS 131 450

Numbers are limited. Please express interest as soon as possible.