

Migrant Resource Centre Tasmania

AMPLIFY ABILITY

Increasing Wellbeing and Self-Confidence



Amplify Ability is a 10-week 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 14 March 2021.
Autumn Program begins on the 7th April 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 10 weeks.

Enquiries

Potential Participants may contact the Migrant Resource Centre Tasmania 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.