

INVITATION TO JOIN “VƯỜN CAO” PROGRAM

Extended Families

Extended Families Australia invite you to register for “VƯỜN CAO” community inclusion program for Vietnamese young people who are involved in helping take care of a sibling or parent with a disability.

“VƯỜN CAO” (means to grow in Vietnamese) is a peer group program for young carers living in the Western Metro Region of Melbourne who may be experiencing some level of stress or isolation in their lives because of the demands of helping with a sibling or parental care.

The young people will be supported by fully screened and trained facilitators who will lead them in small group meet ups, to join fun, recreational activities, develop emotional resilience, and make new friends.

This program is funded by the government and there are generally no costs to participate in “VƯỜN CAO”.

The program will start **December 2021** and conclude **June 2022**.

Every month, there will generally be **two events**:

(1) A community excursion on either a Saturday afternoon or weekday evening and (2) a meet up session over zoom on Wednesday evening from 6:30 – 8:00 pm.

We currently have 10 spaces available for teens aged 13-17 years living in the Western metro region of Melbourne!



If you are interested and would like more information about “VƯỜN CAO” and receive an Enrolment Application Form– please contact

Lead Facilitator Thanh Nguyen Thanh.Nguyen@extendedfamilies.org.au M: 0451 665 057

Or

Coordinator Nghi Trinh Nghi.Trinh@extendedfamilies.org.au M: 0416 173 484

Or

Project Manager Julia Klieber Julia@extendedfamilies.org.au M 0414 571 861 or 04819 55551

Note that eligibility for this group is based upon age, region within which you live, being of Vietnamese cultural background, the level of stress or isolation being experienced by the young carer and their suitability to the program’s learning framework.