



# Foundation House

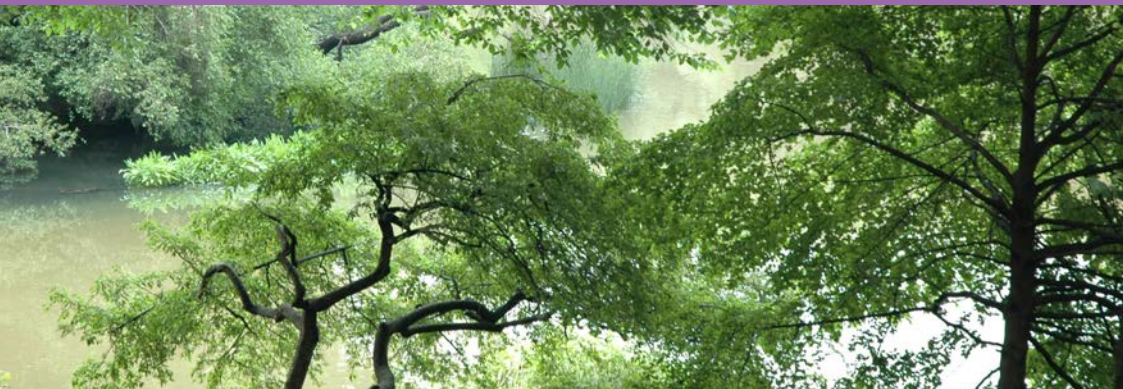
The Victorian Foundation  
for Survivors of Torture Inc.

## WELCOME TO FOUNDATION HOUSE

### CLIENT SERVICES

#### OUR MISSION

To advance the health, wellbeing and human rights of people from refugee backgrounds who have experienced torture or other traumatic events



[foundationhouse.org.au](http://foundationhouse.org.au)



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The Victorian Foundation  
for Survivors of Torture Inc.

## ABOUT US

The Victorian Foundation for Survivors of Torture Inc. (also known as Foundation House) provides services to people from refugee backgrounds in Victoria who have experienced torture or other traumatic events in their country of origin or while fleeing those countries.

Foundation House was established in 1987. It is a non-denominational, politically neutral, non-government and not-for-profit organisation. It receives funding from the Government, charitable funds and donations.

Our client based services are located in Dallas, Dandenong, Ringwood and Sunshine; our head office is in Brunswick.

Foundation House also provides services in partnership with other agencies in Ballarat, Bendigo, Geelong, Mildura, Shepparton, Swan Hill and the Latrobe Valley.

## HOW DOES FOUNDATION HOUSE WORK?

### **Our services are:**

**Free** – including access to professional interpreters

**Confidential** – we keep your information private, as do the interpreters we use

**Voluntary** – you are free to stop using our services for any reason, at any time

**Supportive** – we support your rights

**Educative** – our work informs the community about the experiences of refugees



[foundationhouse.org.au](https://www.foundationhouse.org.au)

03 9389 8900 | [info@foundationhouse.org.au](mailto:info@foundationhouse.org.au)



**It is normal for people to have difficulties as a result of experiences of torture or other traumatic events prior to arrival in Australia, such as:**

- Family problems
- Little interest in daily life
- Not wanting to be around other people
- Problems with thinking, concentration and learning
- Feeling sad, nervous or angry in many situations
- Thoughts and memories that worry you
- Sleep problems

**If this is your experience, Foundation House can help you.**

**We offer a comprehensive range of services, including::**

- Specialised counselling
- Individual and family support
- Group programs
- Complementary therapies such as traditional herbal medicine, massage and other natural therapies

## **HOW CAN I ACCESS FOUNDATION HOUSE SERVICES?**

**1** Phone us: (03) 9389 8900, or

Visit one of our offices, or

Go to our website: [www.foundationhouse.org.au](http://www.foundationhouse.org.au), or

With your permission, another person such as a doctor, social worker, teacher, family member or friend may contact us on your behalf

**2** If you phone or visit, our receptionist will take your name and telephone number and ask if you need an interpreter

**3** A Foundation House worker will contact you within five working days



Note: this brochure is available in other community languages at [www.foundationhouse.org.au](http://www.foundationhouse.org.au)

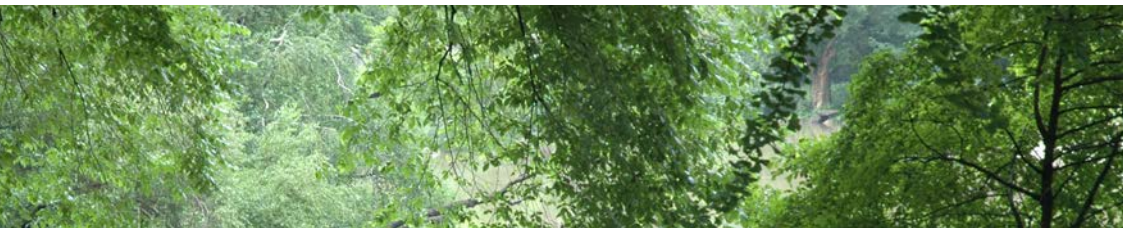
**TELEPHONE INTERPRETER SERVICE 13 14 50**



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# OFFICE LOCATIONS



## **BRUNSWICK** (HEAD OFFICE)

4 Gardiner Street  
Brunswick, VIC 3056

**T:** 03 9389 8900

**F:** 03 9277 7871

## **DALLAS**

Level 4, 61 Riggall Street  
Dallas, VIC 3047

The Hume Community Hub  
(multi-level tower) lifts will  
take you to Foundation House  
on Level 4

**T:** 03 9389 8899

## **DANDENONG**

155 Foster Street  
Dandenong, VIC 3175

**T:** 03 9389 8888

## **RINGWOOD**

18 Bond Street  
Ringwood, VIC 3134

**T:** 03 9389 8700

## **SUNSHINE**

163 Harvester Road  
Sunshine, VIC 3020

**T:** 03 9389 8777

SERVICES ARE ALSO PROVIDED IN RURAL AND REGIONAL LOCATIONS.  
FOR FURTHER INFORMATION, PLEASE VISIT OUR WEBSITE.

**foundationhouse.org.au**

03 9389 8900 | [info@foundationhouse.org.au](mailto:info@foundationhouse.org.au)