

Albanian

A jeni Refugjate ose Azil kerkues?

A ndjiheni te shqetesuar, te izoluar, te vetmuar, ne depresion?
A keni veshtiresi te flini apo a keni ankthe nga enderrat e keqija?
A keni femije apo adoloshent per te cilet brengoseni?
A ju duket e veshtire te mendoni dhe beni plane per te ardhmen?

Ne jemi ketu per t'ju ndihmuar!

Arabic

مركز اللاجئين للعلاج النفسي و الإرشاد الاجتماعي
هل أنت لاجئ أو طالب لجوء؟
هل تعاني من القلق أو العزلة أو الوحدة أو الاكتئاب؟
هل تعاني من الأرق أو الكوابيس؟
هل أنت قلق على أولادك؟
هل تجد صعوبة بالتفكير في المستقبل و التخطيط له؟
نحن هنا لمساعدتك!

Amharic

ስደተኛ ነዎት?

መለዩት፣ ብቸኝነት፣ ስቅቃና ጭንቀት ይሰማዎታል?
የእንቅልፍ መንሳት ወይም መጥፎ ህልም የማለም ችግር አለብዎ?
ስለ ታናሽ ወይም ወጣት ልጅዎ ይጨነቅዎታል?
ስለ ወደፊቱ ማሰብና ወደብ ማወጣት ይከብድዎታል?

ልገረዳዎ ዝግጁ ነገ!!!

French

Etes-vous un réfugié ou un demandeur d'asile ?

Vous sentez vous anxieux, isolé, seul, déprimé ?
Avez-vous du mal à dormir, ou bien des cauchemars ?
Est-ce qu'un enfant ou un adolescent vous inquiète?
Avez-vous besoin de parler à quelqu'un de n'importe lequel de ces problèmes ?

Nous sommes là pour vous aider !

Farsi

مرکز مشاوره درمانی پناهندگان
آیا شما پناهنده ویا متقاضی پناهندگی هستید؟
آیا نگران کودک و یا فرزند جوان خود هستید؟
آیا نیاز به مشاوره برای تسکین فشارهای روحی خود دارید؟
مرکز مشاوره درمانی پناهندگان
پذیرای شما می باشد

Lingala

Ozali ngunda to pe Ozali ko senga ngunda?

Ozali koyoka mitungisi na makanisi na yo?
Ozali koyoka isole tope na makanisi ya mawa?
Ozali na mitungisi ya kolala, to pe na pongi, to pe ndoto ya mabe to ya mawa?
Ozali na mwana, tope bana, moke to mikolo, oyo oza na souci pona ye to pona bango?
Ozali na mitungisi tope pasi ya ko kanisa, tope pasi na makanisi ya avenir na yo?

Tozali awa pona ko salisa yo (Tokoki ko salisa yo)

Serbo-Croat

Jeste li izbjeglica ili trazilac azila?

Osjećate li se zabrinuto, izolovano, usamljeno, depresivno?
Imate li teskoca sa nesanicom ili teskim snovima?
Imate li dijete (mladje ili adolescenta) za koje ste zabrinuti?
Nalazite li da Vam je tesko da razmisljate i planirate Vasu buducnost?
Mi smo ovdje da pomognemo!

Somali

XARUNTA CAQLI CALINTA QAXOOTIGA

Miyaad tahay qaxooti ama magangalyo doon?

Miyaad dareemaysaa walwal, gooni u takooran, cidloonaya, muugaysan?
Miyaad ka cawanaysaa hurdo la'aan ama riyo xun?
Ma qabtaa ilmo yar ama qaangaar aad ka walwalsan tahay?
Makugu dhib-baa ka firkirka iyo qorsheenta mustaqbalkaagi?
Halkan waxaan u joognaa inaan ku kaalmeenno!

Tigrinya

ስደተኛ ጻኹም?

ጭንቀት፣ ሀገሩ-ይነት፣ ምግብና ምገልገል ይሰማዎታል?
ናይ ምድቃስ ወይ ኤማቅ ኤልሚ ምስላም ሽግር ይ የጓገራኩም?
ብሰንኪ ንእሽቶ ወይ በጽሒ ውልድኩም ይ ትጭኑኹ?
ብዛዕባ መጻኢ ክትሓሰቡ ክትውጥኑ ክትሸገሩ ይ?

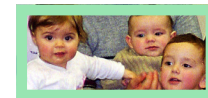
ክንስግዝ ድልዎት ኢና!!!

Turkish

Mülteci veya ilticacısınız?

Endişeli, yalıtılmış, yalnız veya üzgünmüsünüz?
Uyumakta güçlük çekiyor veya kötü rüyami görüyorsunuz?
Çocuklarınız ve gençleriniz için endişelimsiniz?
Geleceğinizi düşünmekte ve plan yapmakta güçlük mü çekiyorsunuz?
Yardım için buradayız!

Refugee Therapy Centre



Who we are

The Refugee Therapy Centre offers supporting services to refugees and asylum seekers, giving priority to children, young people and their families.

We are a group of counsellors, psychotherapists, psychologists and psychiatrists. Many of us have been refugees and can help refugees who may find their lives difficult here in the UK and would like some help. We can listen and sympathise and sometimes contribute from our own experience and knowledge.

What we do

Psychotherapy and Counselling

We can offer therapy in an individual, group, couple or family setting. As far as possible, we aim to give priority to children, young people and their families, and also to newly-arrived and destitute asylum seekers.

We provide therapy in many of the languages spoken by refugees, including:

Albanian, Amharic, Arabic, Dutch, Deri, English, Farsi, French, German, Italian, Lingala, Serbo-Croat, Somali, Tigre, Tigrinya, Turkish

Language-based groups

As well as one-to-one therapy, we run language-based groups for women and men in several different languages. The groups are particularly helpful for parents, and people feeling isolated who would like to talk with others in a similar situation.

Bi-lingual Support Outreach / Community Development Work

Our bi-lingual Community Development Workers (CDWs) offer **confidential support and information in 11 languages** to refugees and asylum seekers. They can help with many things, including:

- finding appropriate education and training for refugees, asylum seekers and their children
- accessing services such as GP surgeries, housing advice agencies, Job Centres, English or computer courses, Citizens Advice Bureaux and other community services
- looking for paid or voluntary employment

Drop-in Mornings

You can phone us on 020 7561 1587 to arrange a meeting, or simply turn up at the Centre to see how we can help. We have two drop-in sessions each week on:

Thursday and Friday, 9.30am—12.30pm

Mentoring

Our mentors offer **weekly language support sessions**. The sessions help to ease the process of adapting and integrating into a new environment.

- **Children and young people:** mentors offer support with schoolwork and other issues to do with going to a new school in a new country, such as understanding English vocabulary, culture and education system, and relating to others.
- **Adults:** mentors assist with developing English language skills, using computers, or studying for the citizenship exam.

Training and support for professionals working with refugees

Courses

We run short and long courses, such as our 1 year **Introductory Course on counselling refugees**, and a qualifying training in Intercultural Psychoanalytic Psychotherapy, Specialising in Working with Refugees, which leads to registration with UKCP.

Supervision and consultation for professionals

We provide training, supervision and support tailored to meet the specific needs of professionals working with refugees and asylum seekers, including children, young people, parents, adults and families. We also have information booklets available for teachers and parents. For more information, to arrange for training or supervision, or to request a booklet, please contact us.

Training for refugee volunteers

We provide training and support for refugees and asylum seekers who volunteer for the Centre in counselling, support work, administration, IT and other skills.

How to contact us

For more information, please contact:

Refugee Therapy Centre
1A Leeds Place, Tollington Park,
London N4 3RQ

Phone: 020 7561 1587

Fax: 020 7281 8729

Email: info@refugeetherapy.org.uk



Refugee
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Centre

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