



# Media Release

15 October 2008

## **SPECTRUM'S WORKSHOP FOR SUDANESE YOUTH: A BALANCING ACT**

Spectrum Migrant Resource Centre (SMRC) is facilitating the workshop Time 2 Xpress on **Friday 31<sup>st</sup> October 2008** to empower young Sudanese people to reflect upon wisdom and practice within Sudanese culture and how it can favourably impact on their life in Australia. Guest speakers will include performers from the Westside Circus and representatives from youth mental health service Orygen Youth Health.

“It is really important to draw upon strength and protective factors existing in the native culture because they are a precious tool to assist individuals, families and communities for a better transition to live confidently in Australia”, said **Mr Tymur Hussein**, SMRC Program Coordinator.

The workshop is designed and developed by Sudanese young people and mental health workers and researchers to focus on themes such as:

- What it's like to be young and Sudanese in Australia
- Maintaining positive physical and mental health
- Protective factors within Sudanese culture
- Youth services (including Web based)

“This workshop provides Sudanese young people with a space to express the challenges and rewards of being young and Sudanese in Australia, but it also aims to increase knowledge of local mental health services”, said Mr Hussein. “Young people of immigrant backgrounds live with and are socialised by their parents who retain language, values and customs of their country of origin. At the same time they are educated in schools that reward English language proficiency, and live in a society that reinforces Western customs. The attempt to reconcile differing values from the home and school often leads to intergenerational conflict. This workshop provides Sudanese young people with a space to express such challenges”, explained Mr Hussein.

Time 2 Xpress originates from a previous workshop held by the SMRS in August 2008 to respond to a request for support by a community leader following the suicide of a Sudanese youth. Time 2 Xpress will utilise a range of engaging mediums including experimental activities facilitated by Westside circus, the presentation by a young person diagnosed with a mental illness and the quiz ‘*Who Wants to be a Millionaire*’. The workshop will also include a panel discussion on how services can engage Sudanese youth in culturally appropriate ways.

Time 2 Xpress is a free event but registration is required. To register, call Tymur Hussein on 0403 526 275 or email [tymurh@spectrumvic.org.au](mailto:tymurh@spectrumvic.org.au).

### **EVENT DETAILS:**

**EVENT:** Time 2 Xpress ó workshop on being young and Sudanese

**DATE & TIME:** Friday 31 October 2008, 4.00-8.00pm

**VENUE:** Spectrum Migrant Resource Centre, 251 High Street, Preston

**PHOTO OPPORTUNITY:** A photo opportunity can be arranged.

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[www.spectrumvic.org.au](http://www.spectrumvic.org.au)