

**FOR IMMEDIATE RELEASE**



**Art: to help break down barriers**

Christian Community Aid (CCA) is bringing art to migrants and refugees of all backgrounds in order to break down barriers of social isolation. This will be done through CCA's Calligraphy group which will be held every Tuesday morning from 10 am to 12 noon throughout May and June at the Shepherd's Bay Community Centre in Meadowbank.

Many migrants and refugees come to Australia with minimal social networks. Therefore they can end up feeling lonely, unhappy and develop a low self esteem. As a result they can also have less opportunities to practice their English language skills which further impacts on their isolation.

CCA is using calligraphy as a tool to bring people together in a social environment.

"This new group will bring people together to provide a space to meet new people and build friendship," says Christine Palomo, Community Settlement Services Worker at CCA. "At the same time they can practice their English and learn about another culture."

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For further information, contact

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