

**FOR IMMEDIATE RELEASE**

**Life is Better Together : Iranian Women's Group**

Living as a migrant in Australia can be exciting and yet also challenging. You can feel alone in such a different culture and environment without your previous social networks.

Christian Community Aid (CCA) has started an Iranian Women's group called *Zendegee Behtar*, which means "Better Life". This friendly group meets once every two weeks, on Friday from 10:30 am to 1:30 pm at Eastwood Hall. Women come together to make friends, get to know new people, enjoy dancing, stretches, craftwork, cooking, sharing food and also learning from various guest speakers.

"The group is a great chance for all Iranian women to feel connected and find support from one another. They can learn new things and also have a bit of fun together for a better life" says Christine Palomo, Community Settlement Services Worker at CCA. "All Iranian women are welcome, particularly those who are new to Australia and don't know many people here."

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