

## MOVING

Around the time of moving, it is common to feel:



Once you are in your new home and the upheaval of moving is over you may feel:



Things to do that might help you settle in after the move:

- Take time to unpack and enjoy making your new house a home.
- Get into new routines.
- If you have children, check out schools and child care centres. Enroll your child/ren as soon as possible.
- Check out local parks, libraries, recreation centres, pools, internet, cafes and shopping centres.
- Take a regular walk around your community. Go for a coffee at local shops.
- Explore public transport in your area—go for a bus ride and see what’s around.
- Visit the local council and ask about what groups or clubs meet in your area. For example sports groups, playgroups, social groups or support groups.
- Wave or say hello to your neighbours if you feel comfortable to do so.
- Keep in contact with family and good friends.
- Take up a new hobby or sport.
- Link in with volunteer organisations. Help out at your child’s school, volunteer with a local group.



**TALK REGULARLY WITH YOUR SUPPORT WORKER  
OR OTHER COUNSELLOR.**

