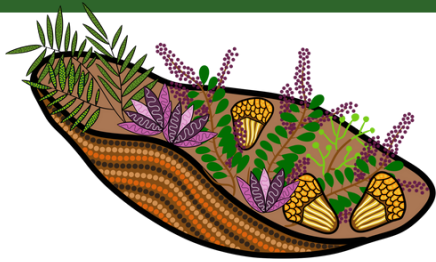


# Aboriginal and Torres Strait Islander Complex Trauma and Strengths Questionnaire



This Aboriginal-led project is about helping Aboriginal and Torres Strait Islander parents who may be feeling hurt from things that have happened in the past, to help them heal and raise strong happy kids.

Artwork by Mardijbalina on Canva

Being a parent is life changing but it can be **hard**. Especially for people who have experienced bad or hurtful things.

Memories about the past can be 'stirred up'. This can affect how we feel and make it harder to be the parent we want to be. However, having a baby is also a time to heal past hurt so that we can raise strong and happy kids.

## Are you an Aboriginal and/or Torres Strait Islander parent?

We are asking Aboriginal and/or Torres Strait Islander parents to do **2 questionnaires (up to 3 for some parents)** to help us work out which questions are best and if the **Aboriginal and Torres Strait Islander Complex Trauma and Strengths Questionnaire is culturally appropriate**.

You will not be asked to share your personal stories. Any information you give will be kept private. This is not an assessment on parents or parenting.



**You can join this study if you:**




- ✓ Identify as an Aboriginal and/or Torres Strait Islander person
- ✓ Are 16 years old or older
- ✓ Are pregnant or a parent
- ✓ Are legally able to provide informed consent for self (i.e. no serious mental illness/ impairment)
- ✓ Are able to speak and understand English, or modified English

As a thank you, you will receive:  
**\$100 worth of gift cards** (up to 3 x \$50 gift cards for some parents),  
**a small gift and a First Nations children's book**

**Any questions? Contact our team**

 [hpnf-project@unimelb.edu.au](mailto:hpnf-project@unimelb.edu.au)

 **0414 951 421**