

Take the Lead Program

Building Awareness, Recovery, and Resilience in Arabic-Speaking
Communities Affected by Gambling Harm

Speakers

:

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Officer*

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Our Impact



3472+

One on One
SESSIONS



1259+

Clients
Supported
ONE ON ONE



3919+

Attendees
IN GROUP WORK



*Data from Financial Year 2024-25

Arabic Welfare's support relates to:



Settlement Support

Legal rights, healthcare access, government services, employment, housing, finances, driving, English language skills, migration advice and citizenship.



Wellbeing

Mental health support, addiction, family relationships, parenting skills, financial & digital literacy, and healthy living.



Community Engagement

Volunteering, networking, accessing civic & community activities, and resources



Community Capacity Building

Growing skills, knowledge and connections of emerging community groups, leaders and associations.

Family Services at Arabic Welfare

Arabic Welfare's Family Support and Prevention of Family Violence programs support newly arrived Arabic-speaking refugee and migrant families affected by or at risk of family violence.



Building the capacity of community and religious leaders to identify and respond to DFV



Provide accessible, culturally relevant resources



Promote healthy relationships

Services are guided by the MARAM Framework to support safe, informed and effective practice.



QOWEH Program (Gambling Harm)

Arabic Welfare provides free counselling to Arabic speaking people suffering from harmful gambling or excessive screen-on time.

Arabic Welfare supports clients suffering from:



***Obsessive thinking
about gambling***



***Financial stress or
borrowing money***



***Feeling anxious,
lonely, or hopeless***



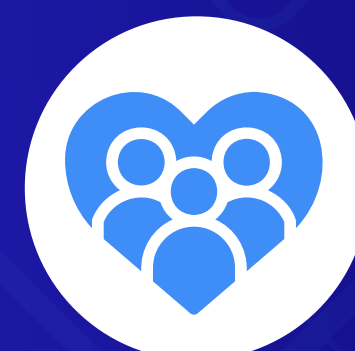
What we offer:



***Free, confidential
counselling***



***Group information
& support sessions***



***Help for families
& loved ones***



Take the Lead - 12 Steps

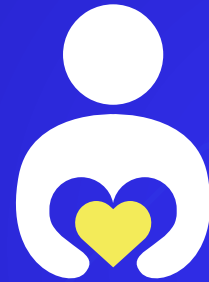
Take the Lead was established to provide a safe, confidential, and non-judgmental space for people affected directly or indirectly by gambling to explore their experiences, behaviours, and impacts, while rebuilding their narratives and developing healthier coping mechanisms.



Step #1
Powerlessness



Step #2
Hope



Step #3
Hope & Surrender



Step #4
Inventory



Step #5
Confession



Step #6
Readiness



Step #7
Ask God



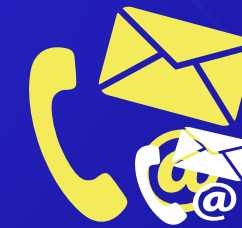
Step #8
Amends List



Step #9
Make Amends



Step #10
Continue Inventory



Step #11
Keep Contact



Step #12
Helping Others

Metrics and Data Collection



Participants

12



Gender

7 Women | 5 Men



Age Range

40-78 years



Geographic Location

Hume and Whittlesea



Country of Birth

**Lebanon, Syria, Egypt
and Sudan**

Data Collection Methods

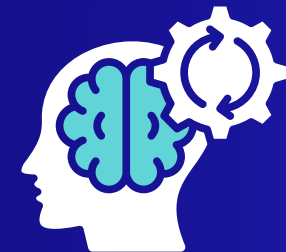
Source	Scope	N	Measure Type	Timing
Session-level feedback	Full program	12 per session	YES / MEDIUM / NO structured scale	Collected during each session
Sessions 9–12 reflections	Sessions 9–12	12 (qualitative)	Facilitator summarised reflection notes	Collected during each session
Post-program survey	Full program	12	5-point Likert and frequency scale	Final session
Facilitator reflection	Full program	N/A	Facilitator summarised reflection notes	Collected during each session

Program Findings



Strong overall impact

Participants felt safe, supported and heard



Evidence of behaviour change

10 of 12 participants reported positive life changes



Recovery and accountability

Increased accountability, self-awareness and readiness for change



Financial and harm minimisation

Greater awareness and use of practical spending limits



Strong role of spirituality & peer support

Faith and peer support strengthened recovery



Key challenges

Stigma, limited financial skills and reluctance to disclose



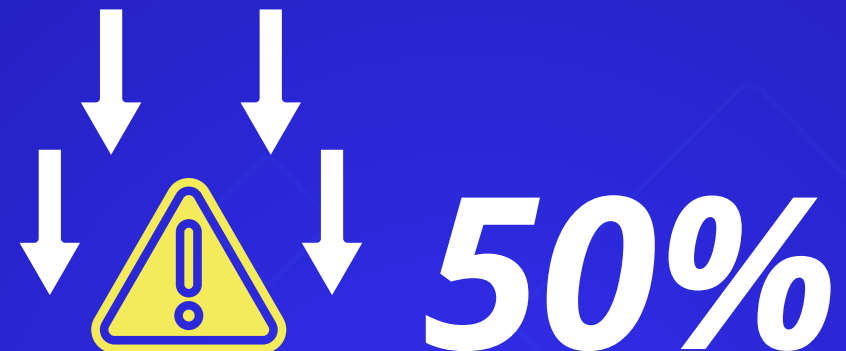
Progress over 12 sessions

Engagement and openness increased over time

Post-Program Survey



Significant Improvement
to behavioural change



Reduced Loss of Control
over harmful behaviour or urges



Increased Awareness
of behaviour patterns



Increased Confidence
in making healthier choices



Newfound Hope
for the future



***"From, with and for the
community"***



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