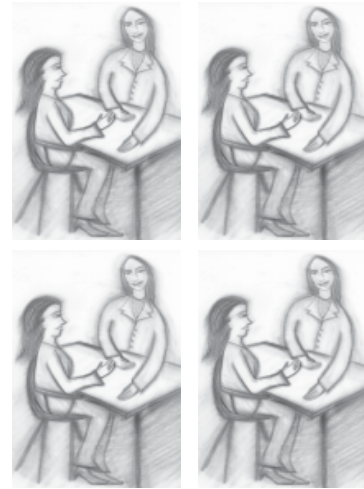


mcwh professional training seminar series 2010

- ★ 'Thoroughly enjoyed content and presentation.'
- ★ 'Opens new windows for us to work with our members from all communities.'
- ★ 'Very well presented and informative. Excellent resource material.'
- ★ 'Most useful—raises issues that we will be able to put into communication strategies.'
- ★ 'Well presented and organised.'
- ★ 'Excellent trainer—good information about ways to assist and access CALD clients.'
- ★ 'Very enthusiastic—engages group throughout session.'



about the mcwh professional training program

The Multicultural Centre for Women's Health offers cross-cultural and other specific training to employers, community workers, and health professionals.

Our Education and Training Officer will devise specific training sessions to meet the needs of your organisation or professional group.

These may include:

working with immigrant and refugee women's specific needs; cross-cultural communication in the workplace; working women's health needs; exploring the interconnections in women's health; reproductive and sexual health in the workplace for immigrant and refugee women; issues for immigrant and refugee women in industry including food manufacturing, hospitality and support services, and textile clothing and footwear; health issues for outworkers; addressing the health needs of new emerging and refugee communities; insight into the health of young immigrant and refugee women; and increasing awareness and skills relating to immigrant and refugee women's mental health and wellbeing.

For further information
please contact:

Dr Salma Al-Khudairi
Education and Training Officer

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email: training@mcwh.com.au

a series of seminars about immigrant and refugee women's health and wellbeing

Seminar 1 25 February 2010

'Points of Departure': Building Advocacy for Immigrant and Refugee Women

What will participants learn by attending this Seminar?

The first MCWH Seminar for 2010 will focus on the settlement and health-related challenges faced by immigrant and refugee women from both established and newly arrived communities. How our knowledge of these issues influences advocacy will also be explored. The seminar will also underscore that for effective advocacy to be achieved, the voices of immigrant and refugee women must be heard.

Seminar 2 27 May 2010

Sexual and Reproductive Health for Young Immigrant and Refugee Women

What will participants learn by attending this Seminar?

Seminar two for 2010 will focus on sexual and reproductive health for young immigrant and refugee women. What are the issues affecting young immigrant and refugee women's health? Issues explored will include: lack of choice in reproductive health decisions; unplanned pregnancy; early marriage; unsafe abortion; infertility and pregnancy complications (miscarriage, stillbirth, premature birth); and STIs (Chlamydia, HIV). Participants will also learn where and how to access culturally and linguistically relevant resources.

Seminar 3 26 August 2010

Prevention of Violence Against Immigrant and Refugee Women

What will participants learn by attending this Seminar?

The third seminar of 2010 will discuss primary prevention of violence against immigrant and refugee women. What is primary prevention of violence? How can we empower immigrant and refugee women in relation to violence prevention and protecting themselves? What preventative actions can be implemented? Barriers limiting accessibility to violence prevention programs will be discussed. Available resources and prevention programs will also be covered.

Seminar 4 25 November 2010

Workplace Health for Immigrant and Refugee Women

What will participants learn by attending this Seminar?

The final seminar for 2010 will address issues that immigrant and refugee women face in the workplace and the implications for their health and wellbeing. Issues include: stress, anxiety, fatigue, asthma, backache, workplace violence and bullying, and discrimination. How increased work intensification combined with casualisation of work impacts on immigrant and refugee women's health will also be featured. Information and support services available to immigrant and refugee women will be covered. Seminar highlights will include immigrant women sharing their experiences regarding workplace issues and coverage of available resources and networks.