



putting immigrant & refugee  
women's health first!

about the multicultural  
centre for women's health

mcwh

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The Multicultural Centre for Women's Health (MCWH) is a statewide women's health organisation which is committed to improving the health of immigrant and refugee women around Australia. MCWH is for all women from immigrant communities, including refugee and asylum seekers and women from both emerging and established communities. Our core services are the Industry Visits (IVP) and the Community Workshops (CWP) Programs. We have a comprehensive Multilingual Library and Resource Collection covering a range of topics. You are welcome to contact us about your health information needs and to ask us to send you related resources. MCWH provides professional training and specialises in intensive training programs for bilingual community workers.

The IVP and CWP programs follow a holistic, peer-education model that respects immigrant and refugee women's experiences and knowledge. The Programs are conducted by our Bilingual Health Educators who are trained to discuss sensitive women's health issues in the preferred language of the participants.

Generally health education sessions are conducted in factories or other workplaces where women participants are employed or in community spaces—wherever women gather including, community health services, neighbourhood houses, senior citizens clubs, other social clubs, and people's homes. We also hold information stalls at various gatherings such as conferences, festivals, and women's health days. We often work with event organisers to hold mini-health sessions in the languages of their women participants. This gives women an opportunity to find out about MCWH and gain an insight into how our programs are run.



- ★ women's health
- ★ reproductive health
- ★ sexual health
- ★ mental health & wellbeing
- ★ occupational health & safety

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## health education programs: model of health promotion



The Multicultural Centre for Women's Health (MCWH) is a statewide women's health organisation which is committed to improving the health of immigrant and refugee women around Australia. MCWH has been providing health education and information to women in the workplace and in the community for thirty years. We are a government funded, non-profit organisation.

Our health education sessions are conducted by:

- ★ bilingual/bicultural community health educators;
- ★ in the language of the women participants;
- ★ wherever the women gather;
- ★ and are free of cost.

Our health education sessions are also measured against a set of Quality Standards which guide their development, implementation and evaluation. The Quality Standards are: Women's Empowerment; Cultural and Linguistic Appropriateness; Accuracy of Health Information; Access and Equity; Confidentiality; Collaboration; and Continuous Improvement.

The sessions are conducted within a participatory model that acknowledges and respects the knowledge that the women already have about their health and their bodies. We call this our 'woman-to-woman' approach.

Our Bilingual Health Educators approach the women we work with as peers and not as experts who will tell them what is 'best' for them. Women are given a choice as to how much they would like to be involved in discussion and are acknowledged for their own experience and knowledge. Confidentiality is assured from the beginning of the process.

The sessions are supported by written resources which are prepared in the language of the group and distributed to individual women. Resources are designed to offer women additional information in their preferred language and for future reference.

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health education programs:  
current modules and languages



## current languages

Presently our Bilingual Health Educators cover the following languages:

- |             |                   |
|-------------|-------------------|
| ★ Arabic    | ★ Macedonian      |
| ★ Burmese   | ★ Madi            |
| ★ Cantonese | ★ Mandarin        |
| ★ Croatian  | ★ Marathi         |
| ★ Dari      | ★ Nuer            |
| ★ Dinka     | ★ Somali          |
| ★ English   | ★ Spanish         |
| ★ Farsi     | ★ Sudanese-Arabic |
| ★ Greek     | ★ Thai            |
| ★ Hindi     | ★ Tigre           |
| ★ Italian   | ★ Tigrigna        |
| ★ Karen     | ★ Turkish         |
| ★ Khmer     | ★ Vietnamese      |
| ★ Lotuka    |                   |

**We can be very flexible in planning your sessions. You can choose the following modules, or you can ask us to design a series of visits, according to your needs.**

### 1. Women's Health

Breast Examination, Pelvic Floor, Menopause, Menstruation, Osteoporosis, Hormone Replacement Therapy, Endometriosis, Pap tests/smears.

### 2. Reproductive Health

Pregnancy and Childbirth, Infertility, Contraceptives, Natural Contraceptive Methods, Depo Provera.

### 3. Sexual Health

Sexually Transmitted Infections, HIV/AIDS, Vaginal Health, Cystitis, Safer Sex.

### 4. Mental Health and Wellbeing

Stress, Insomnia, Alternative Medicine/Therapies, Relaxation, Pain Management, Depression, Money, Entertainment and Health, Healthy Credit and Debt, Problem Gambling, Sexual Assault, Domestic Violence.

### 5. Occupational Health and Safety

RSI, Asthma, Sexual Discrimination, Dust, Varicose Veins, Manual Handling, Noise, Chemicals, Maternity Leave, Heat, Hygiene, Women's Health and Safety, Hazards, Machinery.

### 6. Alcohol and Other Drugs

Prescription Drugs, Non-Prescription Drugs, Alcohol, Smoking.

### 7. Diabetes Healthy Living

Diabetes, Gestational Diabetes, Developing Type 2 Diabetes: Risks, Preventing Type 2 Diabetes, Related Information and Support.

**For further information contact:**

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