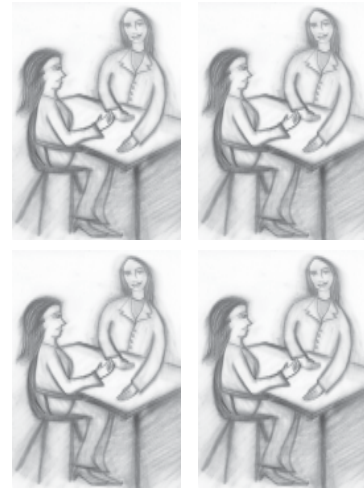


mcwh professional training seminar series 2012

- ★ '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
telephone: 03 9418 0999
email: training@mcwh.com.au

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

Seminar 1 23 February 2012

Getting to Know Your Rights: Human Rights Education for Immigrant and Refugee Women

**What will participants learn by
attending this Seminar?**

The first seminar of 2012 will focus on sharing experiences for developing human rights education programs tailored to immigrant and refugee women. It will explore effective strategies for human rights education including the use of story sharing as a method for enabling women to make sense of human rights issues and problems in relation to their day-to-day lives.

The challenges of MCWH's Sharing Our Stories (SOS) Project will be covered; stories by immigrant and refugee women will be featured.

Seminar 3 29 November 2012

Mental Health and Wellbeing for Newly-Arrived Immigrant and Refugee Women

**What will participants learn by
attending this Seminar?**

The final seminar for 2012 will discuss the impact of migration and resettlement in Australia on immigrant and refugee women's mental health and wellbeing. The mental health issues immigrant and refugee women face in their new environment and how they deal with them will be featured during the seminar. The stigma attached to these issues in some communities and how this exacerbates mental health will be explored.

Accessing linguistically and culturally appropriate services and available resources and networks will also be covered.

Seminar 2 23 August 2012

Sexual and Reproductive Health and Other Issues for Older Immigrant and Refugee Women

**What will participants learn by
attending this Seminar?**

The second seminar of the 2012 series will discuss the issues of older immigrant and refugee women in Australia. It will explore both the assumptions and the realities of health and wellbeing for older immigrant and refugee women.

Participants will have the opportunity to learn innovative and effective ways of engaging older women in the context of everyday life activities. How to combat the barriers women face in relation to health and wellbeing will also be discussed. Resources and networks available to older immigrant and refugee women and the service providers who support them will be included.

