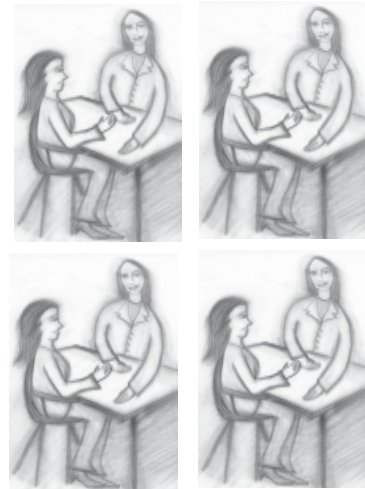


mcwh professional training program 2008

- ★ '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 women's specific needs; cross-cultural communication in the workplace; working women's health needs; exploring interconnections in women's health: reproductive and sexual health in the workplace; issues for women in the textile, clothing and footwear industries; health issues for outworkers; health issues for new emerging and refugee communities; and working with women from the Horn of Africa.

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 29 February 2008

**Boundaries of Belonging:
Iraqi Women & Successful
Resettlement—Moving Beyond
Culture as the Main Determinant.**

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

This seminar will be a major opportunity to learn about Iraqi women's experiences of resettlement. This includes their experiences of accessing services and the related gaps in service provision to this community. Participants will learn about Iraqi women's lives and their struggle to make a new beginning while facing numerous barriers and how this impacts on their mental health and wellbeing. Issues to be covered include: belonging and isolation, racism, internal community conflict and unresolved issues.

Seminar 3 29 August 2008

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

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

The third seminar of the series will discuss the issues of older immigrant and refugee women. It will explore both the assumptions and reality of health and wellbeing for older immigrant and refugee women. This will also be an opportunity to learn about innovative and effective ways of engaging older women in the context of everyday life activities. The seminar will also discuss how to combat the barriers these women face when it comes to their health and wellbeing. Resources and networks available to older immigrant and refugee women and the service providers who support them will also be covered.

Seminar 2 29 May 2008

**Addressing the Rising Incidence
of Diabetes in African-Australian
Women: Raising Awareness and
Responding to Communication
Needs in Targeted Communities.**

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

The second seminar of 2008 focuses on the rising issue of diabetes in African-Australian communities, particularly women. This will provide health professionals with an opportunity to learn about the issues African-Australian women face when accessing and understanding information on lifestyle changes and diabetes. Combating health literacy issues and how to make health awareness messages and communication meaningful to targeted communities will also be covered.

Seminar 4 28 November 2008

**'It is Better to Have an Artichoke
than a Son' or Debunking the
Myths: the Role of Women in
Migrant Communities.**

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

The final seminar for 2008 will scrutinize women's roles including the gender roles assigned to them—this will be considered from the perspectives of several immigrant and refugee communities. Learn about how it feels to be different, the barriers migrant women experience, and how they deal with isolation. Childbearing and rearing practices and family structures within particular communities will be included in this exploration. How this information can assist us to provide better health care to our diverse communities and relevant resources and networks will also be covered.