



HEALTH EDUCATION FOR MIGRANT WOMEN

EVERY WOMAN HAS THE RIGHT TO HEALTH INFORMATION SO SHE CAN MAKE INFORMED DECISIONS ABOUT HER HEALTH AND WELLBEING.

At the Multicultural Centre for Women's Health, we make sure that women get the right tools and information to make that decision.

Booking a free session with us is simple:

- 1** Bring migrant women together
- 2** Choose your language
- 3** Pick your health topic(s)

Contact Amira Rahmanovic, Health Education Manager at (03) 9418 0918 or Amira@mcwh.com.au for more information.

MCWH is supported by the Victorian Government to deliver multilingual and outreach health education sessions across Victoria.



**MULTICULTURAL
CENTRE FOR
WOMEN'S HEALTH**

HEALTH TOPICS



1. WOMEN'S HEALTH

Breast Health, Cervical Health, Endometriosis, Menopause, Hormone Replacement Therapy, Menstruation, Osteoporosis, Pelvic Floor, Polycystic Ovarian Syndrome, Your Health Rights, Navigating the Health System

2. MAKING HEALTHY CHOICES

Healthy Heart, Cardiovascular Disease, Diabetes, Exercise, Nutrition, Alcohol, Illicit Drugs, Smoking, Arthritis, Gambling Harm

3. OCCUPATIONAL HEALTH AND SAFETY

Asthma, Dust, Heat, Hygiene, Machinery, Manual Handling, Parental Leave, Noise, Occupational Overuse Syndrome, Stress, Varicose Veins, Discrimination, Sexual Harassment, Workplace Violence, Workplace Bullying

4. MENTAL HEALTH & USING MEDICINES SAFELY

Pain Management, Relaxation, Depression, Anxiety, Stress, Mental Illnesses, Better Sleep, Using Medicines Safely, Alternative Therapies

5. REPRODUCTIVE HEALTH

Menstruation, Fertility and infertility, Contraception, Pregnancy Choices (Abortion, Adoption, Foster care), Stillbirth, Pregnancy and Birth

6. SEXUAL HEALTH

Vaginal Health and Hygiene, Safer Sex, Sexually Transmitted Infections, HIV/AIDS, Cystitis and Urinary Tract Infections

7. WOMEN'S SAFETY & WELLBEING

Sexual Assault and Harassment, Healthy Relationships, Gender Equality, Prevention of Violence Against Women, Family Violence, Support Services

WE SPEAK THE FOLLOWING LANGUAGES:

Arabic العربية	Lotuko Otuho
Burmese မြန်မာစကား	Ma'di Ma'diti
Cantonese 廣東話	Mandarin 普通话
Croatian hrvatski	Marathi मराठी
Dari دری	Punjabi ਪੰਜਾਬੀ پنجابی
English	Sudanese-Arabic سوداني
Farsi فارسی	Tamil தமிழ்
Greek Ελληνικά	Tigre ትግር
Hindi हिंदी	Tigrigna ትግርኛ
Italian italiano	Vietnamese Tiếng Việt
Karen (S'gaw) ကညီကျိ	

For more information, visit our website at www.mcwh.com.au

MCWH is a national organisation committed to improving migrant and refugee women's health and wellbeing in Australia.



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