

mcwh professional training seminar series 2009

★ 'Thoroughly enjoyed content and presentation.'

★ 'Opens new windows for us to work with our members from all communities.'

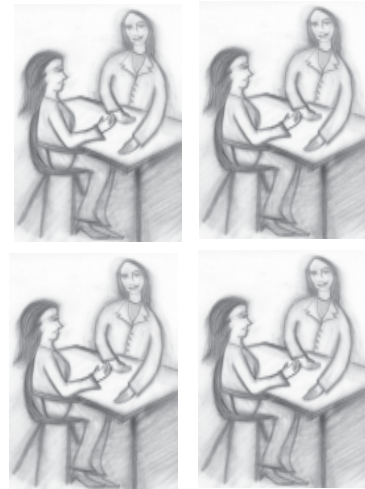
★ 'Very well presented and informative. Excellent resource material.'

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

Seminar 1 26 February 2009

Traditional Practices Affecting Young Immigrant and Refugee Women's Health and Wellbeing

What will participants learn by attending this Seminar?

Participants will learn about traditional practices, procedures and beliefs affecting young immigrant and refugee women's health and wellbeing. Seminar topics include: early marriage; forced marriage; FGM; unplanned pregnancy; and traditional practices related to pregnancy and childbearing. Discussion will include how these practices impact on young immigrant and refugee women's reproductive and sexual health. Resources available to young immigrant and refugee women in diverse communities and the service providers who support them will also be covered.

Seminar 3 27 August 2009

Healthy Living for Immigrant and Refugee Women

What will participants learn by attending this Seminar?

Seminar three for 2009 focuses on healthy living and illness across a range of cultures. This includes: the relationship between nutrition, good diet, physical activity and environment and healthy living; exploring major issues affecting immigrant and refugee women's health such as diabetes and obesity; raising health awareness among immigrant and refugee women in a culturally sensitive manner; and an overview of related resources. Women from different communities sharing their healthy living experiences will be a seminar highlight.

Seminar 2 28 May 2009

To Every Woman: Money, Power and Freedom

What will participants learn by attending this Seminar?

The second seminar of 2009 will focus on healthy credit and financial wellbeing for immigrant and refugee women. The seminar will look to answer a broad range of related questions including: What is healthy credit? How do immigrant and refugee women empower themselves to make wise credit choices? What information and services are available to immigrant and refugee women to support this process? Seminar highlights include women talking about and sharing their experiences regarding credit and debt, and coverage of available resources and networks.

Seminar 4 26 November 2009

Mental Health and Wellbeing for Immigrant and Refugee Women

What will participants learn by attending this Seminar?

The final seminar for 2009 discusses the impact of migration and resettlement 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 a feature of this session. An opportunity to better understand the shame and stigma attached to mental health issues in some communities and what this means for immigrant and refugee women's health is a highlight of seminar four. Accessing linguistically and culturally appropriate services and what resources are available will further provide participants with skills and knowledge relating to immigrant and refugee women's mental health and wellbeing.