

Want to improve your support of carers from CALD backgrounds?

Multicultural Centre for Women's Health (MCWH) is a national advocacy, research and health promotion agency that promotes the health and wellbeing of immigrant and refugee women. We are pleased to offer *Beyond Cultural Competency*, a free, two-day cross-cultural workshop for workers in the City of Monash who want to improve their support of carers from refugee and immigrant backgrounds.

The two-day workshop will:

- Help identify potential 'hidden' carers in your work
- Enhance understanding of CALD carers and the unique barriers they face in accessing support services
- Explore the concept of intersectionality and how we might apply it to our practice
- Identify best practice principles including cultural and linguistic appropriateness, access and equity and collaboration
- Offer workers the opportunity to reflect on their practice, and develop strategies to improve their work with immigrant and refugee communities.

This workshop is aimed at supporting workers from:

- General Practices (General practitioners, nurses, admin staff)
- Respite Care Providers
- Community Legal Centre
- Centrelink
- Local Council
- Community Health Services
- Schools or playgroups
- Other relevant carer support or community organisation

Feedback from participants

"The activities were fantastic! The conversations were so useful. Learnt so much from other workers sharing their experiences and team activities were great!"

"This training has given me an increased awareness of my own privilege and how that impacts on my work."

"My entire way of practice will be influenced. I have learnt that my attitude is very important, also it's ok to make mistakes, apologise to ask how I can make it right."

Workshop dates

1. 27 October & 3 November, location TBC
2. 9 November & 16 November, location TBC

To register your interest, please contact our training team on 1800 656 421 or training@mcwh.com.au.



Monique Hameed is the National Training Officer at MCWH. Monique has experience working in the LGBTIQ sector, specifically running projects that seek to improve mainstream support of LGBT women from immigrant and refugee backgrounds. She is currently working on the PACE Leadership Project which aims to build the capacity of women from immigrant and refugee backgrounds, supporting them to seek out and participate in formal leadership opportunities.



Mi Nguyen is the CALD Carers Project Officer and Programs Administration Officer at MCWH. Mi has experience in supporting community education programs that aim to improve the health and wellbeing of women from immigrant and refugee backgrounds, including the Health Education Program, Dealing with it myself (a project supporting CALD carers), and the Gambling Awareness Program (GAP).



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