Welcome to IWHS newsletter. The Newsletter will reach your inbox 4 times a year with programs, news, highlights and activities to share with you and your community. Log in to www.immigrantwomenshealth.org.au for more information and news.

**Monday in Fairfield**
- **Steps to Employment**: 9:30 am – 2:30 pm
  A project guides you into Paths of Education, Employment & or Enterprises. Supported by Smith Family, C4C initiative
- **Women’s Unity Group**: 10:00am-12:00pm. A support group for Jordanian and Palestinian women uniting in Australia.
- **Multicultural Group / English Class**
  10:00am – 1:00pm
  - **Assyrian Women’s Group**: 12:00pm-02:00 pm. Support, social and health group for Assyrian women getting together in a safe friendly environment.
  - **African Women’s Group**: 10:00 am – 01:00 pm. Breaking the isolation and learning about their new country
  - **Serbian Women’s Group**: 10:00 am – 12:00pm.
    In Partnership with STARTTS: A support group with social and health focus.
  - **MRN Senior Group Bankstown**: 10.00am-2.00pm. In Partnership with Multicultural Respite Network. A relaxing environment for senior women of Middle Eastern background to share craft and participate in health discussions.
- **Social & Action Group for Farsi Speaking Women’s**. 12:00pm-2:00pm. Cultural integration in facing the new life in Australia *(New)*

**Tuesday in Fairfield**
- **Arabic Women’s Group**: 10:00 am-12:00pm
- **English for Beginners**: 10:00 am – 12:00pm
- **English 4 All**: 10:00 am - 12:00 pm.
  Intermediate English classes for women
- **Women’s Counseling Group**: 12:00 pm – 02:00 pm *(Fortnightly)*
  Group for women, who experienced life changes such as depression and isolation.
- **New In Fairfield**
  **Tuesday**: 12:00 pm – 2:00 pm: A new partnership with **New Horizons** engaging women from various backgrounds on a learning journey, adding knowledge, skills and abilities. *(New)*

**Monday in Cabramatta**
- **Cambodian Women’s Support Group**: 09:30 am – 11:30 am
  Conversational English, skills sharing, cooking demonstration, information sessions, health talks and social activities.

**Tuesday in Cabramatta**
- **Cambodian Parent Support Group**: 10:00am – 12:30pm
  In partnership with **Cambodian-Australian Welfare Council**. A play time and a learning opportunity for children before school age, occasional health talks and information sessions.
Wednesday in Fairfield

- Better Health through Yoga: 09:15 am - 10:15 am Yoga classes for Women
- Multicultural Patenting Program Supported by The Smith Family and C4C Initiative 10:00am – 12:00pm
- English for Beginners: 10:30 am – 12:30 pm
  Learn English with qualified teachers
- English Advance: 10:30 am – 12:30 pm
- CalD Women’s Group: 11:30 am – 02:30 pm Multicultural Group of Women learning about health and wellbeing
- Turkish Women Support Group: 12:30 pm – 02:30 pm In partnership with Turkish Welfare Association.

Wednesday in Cabramatta

- English 4 All: 09:00 am- 10:30 am
  Upper-beginner English class: literacy and health
- Spanish Speaking Women Group: 10:30am – 01:00pm. Information sessions on health, community events, craft work, painting, and social activities

Thursday in Cabramatta

- Chinese Older Women’s Group 10:00am –12:00am. Discussions on health issues and community services, information sharing, social activities and excursions
- Women Health Clinic: Fortnightly
  Free – Please call for an appointment 02-97261016

Friday in Cabramatta

- Vietnamese Women’s Health Group: 9:30am – 12:00 noon. Talks on various health issues and guests from mainstream services, cooking, craft work, gentle exercises and excursions...
- Mental Health Carer Support Group: 12:30pm-2:30pm (monthly)
  In partnership with Multicultural and Mental Health. A program designed to empower carers to understand their roles and to share each other ideas and experiences

Thursday in Fairfield

- Multicultural Group / English Class: 10:00 am – 01:30pm Beginner level English classes for all women run by professional volunteers!
- English for Work: 10:00am – 01:30pm.
- Legal Advice (Fortnightly). Please call to make an appointment. Supported and provided by Women’s Legal Services.
Friday in Fairfield

Mandanian Women’s Group: 10:00 am – 12:00 pm. Support group for women to learn & socialize in a safe place.

Social & Action Women’s Group: 12:00 pm – 2:00 pm. A new partnership with SSI engaging women from various backgrounds on a learning journey, adding knowledge, skills and abilities. (New)

Middle Eastern Senior Women’s Group: 10:00 am – 2:00 pm. In partnership with Multicultural Respite Network. A relaxing environment for senior women of Middle Eastern background to share craft and participate in health discussions.

General programs

- IWHS in partnership with Wetherill Park TAFE is providing mentoring and leadership program for Volunteers. Please call the service on 02-97264044 to reserve your seat. Places are limited
- IWHS in partnership with STARTTS are offering assessment and counseling for refugee by appointments only.
- IWHS in partnership with Trans-cultural Mental Health Services are offering free Bilingual Counseling to members of the community every Tuesday by booking.
- The partnership also offers group Counseling for Carers from the Turkish community every fortnight.
IWHS in Partnership with NESH Family Scheme are delivering the following services from its location in Guilford:

- Tuesday night, Men’s Leadership & Mentoring Program
- Wednesday afternoon, Steps to Employment Program
- Friday Legal Advice in Partnership with Legal Aid, Early Intervention Unit
- Saturday afternoon, Multicultural Parenting Program Classes for Parents & Grandparents

Please Call: 02 9726 4044 to reserve your place or for further inquiries.

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