



ISHAR NEWS

QUARTERLY PROGRAM

February - March 2010

DAY	ACTIVITY	FEES
MONDAY	Mental Health Access Service Outreach Service 9:00am - 4:30pm MONDAY TO FRIDAY <i>Please contact Pushpa Siroley for more information</i>	No fee
	Multicultural Mental Health Counselling 9:00am - 4:00pm <i>Sessions conducted by Wyn Billington, Registered Psychologist</i>	\$10 members \$15 non - members
	Multicultural Women's Exercise class Herb Graham Recreation Centre 10:00am - 11:00am Commencing 8th February to 29th March <i>For more information contact Teresa Kata, Physiotherapist, Ishar</i> <i>Partnership with MMRC and City of Stirling</i>	\$2 per class
TUESDAY	Multicultural Mental Health Counselling 9:00am - 4:00pm <i>Sessions conducted by Wyn Billington, Registered Psychologist</i>	\$10 members \$15 non - members
	Pregnancy Support Information Service 9.00am—4.00pm <i>For more information please contact Donna Stephen, Midwife</i> <i>Partnership with CMWA and funded by Lotteries West</i>	No fee
WEDNESDAY	Drug and Alcohol Counselling/Education 9:00am - 1:00pm <i>Please contact Heather Jacobson on 9370 0328 or 9345 5335</i> <i>Partnership with the Drug & Alcohol Office</i>	No fee
	Multicultural Mental Health Carers Weekly Activities 10.30am - 1.30pm <i>For more information please contact Irena, Project Manager, Ishar</i>	Fees vary depending on activity
	SARC Outreach Service 9:00am - 4:00pm <i>For appointments, please ring SARC on 9340 1820</i>	No fee
THURSDAY	Well Women's Clinic 9:00am - 2:00pm commencing 11th March <i>Consulting GP: Dr Christine Reid</i>	Bulk Billed, Medicare Card required
	Multicultural Mental Health Counselling 9:00am - 4:00pm <i>Sessions conducted by Wyn Billington, Registered Psychologist</i>	\$10 members \$15 non - members
FRIDAY	Multicultural Women's Exercise Class 9:30am - 10:30am Commencing 5th February to 26th March <i>Classes conducted by Teresa Kata, Physiotherapist</i>	\$2 per class
	Visiting Sisters Sewing Sessions 10:30am - 2:30pm commencing 5th February <i>For more information contact Sally Bower, Project Coordinator, Ishar</i>	No fee
	Sudanese Women's Perinatal Support Program 11:00am—2:00pm Commencing 19th February <i>For more information contact Ruth Sims, Project Coordinator, Ishar</i>	No fee

All appointments and group sessions require bookings. For more information on activities or to make bookings,
Please contact Ishar reception on 9345 5335



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NOTICES & UPCOMING EVENTS

Parenting From The Heart Program

Come join our "Time for Me" group in Jenolan Way, Merriwa from 12.30 to 2.30 every Thursday. The group offers women the opportunity to participate in parenting and health information sessions. A crèche is available.

Parenting information sessions are also available in Mirrabooka and are scheduled to begin in March.

For further information please contact Sally at Ishar



Community Kitchens Program

Ishar in partnership with City of Wanneroo runs the Community Kitchens Program that offers women an opportunity to engage in cooking classes, health and nutrition information sessions. The women share recipes and appreciate one another's food and culture. The program runs weekly on Wednesdays at Butler Community Centre.

For more information please contact Sally at Ishar

Community Outreach-Home Visiting Service Strength to Strength

Ishar has been successful in securing funding from the WA Perinatal Mental Health Unit to pilot a community outreach program for CaLD women at risk of, or experiencing post natal depression. The aim of the project is to increase the capacity of women to promote, maintain and nurture positive emotional, physical and psychological well being for themselves and family members within the home and community. This service will commence in February and will accept referrals from service providers and self referrals.

For further information please contact Ruth at Ishar

Sudanese Women's Perinatal Support Program

Ishar Multicultural Women's Health Centre conducts the Perinatal program for Sudanese women providing education and information training workshops on issues relating to emotional and physical well-being. The topics include Women's Growth and Development; Motherhood and Mental Health; Healthy Food and Healthy Eating; Child Growth and Development; Centrelink matters, and Budgeting amongst others. Over thirty women have benefited from this project. The project is funded by the Department of Health WA and has been actively and successfully implemented since 2008. The program is conducted on Fridays.

For more information please contact Ruth at Ishar

Well Women's Health Clinic

Ishar would like to extend our gratitude to Dr. Mariet Job for her medical service to women over the past 3 years and wish her all the best in her new ventures.

A hearty welcome to Dr. Christine Reid who will begin the

International Women's Day

In celebration of International Women's day Ishar wishes to extend you an invitation to a health promotion event titled 'Women's Health Day'. This will be held at Ishar on Monday, March 15th from 10am to 12pm.

Join the women's checkout and learn more about your health, ask questions about breast cancer, cervical cancer, family planning, mental health, child health and nutrition, pick up a bag and fill it with information.

We will provide a children's activity corner and morning tea. There are great door prizes to be won.

Registration essential. Please contact Ishar Reception by 8th March

Women Searching for a New Beginning

Ishar has received funding from the Western Australian Department of Training and Workforce Development under the Equity, Development and Innovation Grants -Pave the Way to offer a similar program to the 'Wonder Women - Going Back to 'P' Work' to community women in the Merriwa, Butler and Clarkson areas. The program will run during 2010.

For more information please contact Graciela at Ishar

Swimming Classes

Swimming classes are organized for February 2010. Registration is already underway. Classes will be held on Tuesday from 12.30pm to 1.30pm and from 1.30pm to 2.30pm. A fee of \$4 per class applies.

To register for future classes please contact Sally at Ishar

Counselling and Information for Carers

Free individual counseling is available for Carers or someone in a caring role at Ishar in Mirrabooka, Midland (Midland Women's Health Care Place), Maddington (Wattle House) and Fremantle (Fremantle Migrant Centre) sites. Information on mental health and carers issues in different languages and in large print is also available at the offices named above.

For further information or to book an appointment please contact Irena at Ishar or email caldcarers@ishar.org.au

ISHAR Membership

Annual Membership FREE for Individuals and a fee applies for Organizations.

Individuals and Organizations encouraged to register

ISHAR

Multicultural Women's Health Centre Inc.
8 Sudbury Place, Mirrabooka, WA 6061

Telephone: (08) 9345 5335

Fax: (08) 9349 9113

E-mail: info@ishar.org.au Website: www.ishar.org.au



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NOTICES & UPCOMING EVENTS

Pave the Way—Wonder Woman Going Back to “P” Work

Late in 2009 the ‘Wonder Women – Going Back to ‘P’ Work project was identified along with another five community projects as a ‘good practice model’ by the Department of Training and Workforce Development.

Since then, Ishar has received funding from the Western Australian Department of Training and Workforce Development under the Equity, Development and Innovation Grants Pave the Way to extend the **Wonder Women-Going Back to ‘P’ Work** project in 2010. The project offers assistance to women from African, Middle Eastern and Asian backgrounds to develop and adapt their job search skills to the Australian context. There will be three series of workshops that will include information on resume writing, job search and interview techniques and addressing selection criteria amongst other relevant topics. Furthermore the project will provide individual assistance by a local organisation and by the Project coordinator until December 2010. The program will also offer a crèche facility for women with young children.

For further information please contact Ruth at Ishar



Visiting Sisters Program

The Visiting Sisters program encourages women to develop basic skills in sewing. Activities include regular sewing classes and health information sessions. Come and join us, interact with women from various countries and explore your potential. A Crèche is available during class time.

For further information please contact Sally at Ishar



Carers Activities

Activities for CaLD Carers from Mirrabooka are listed in the table below. For details on the Carers Program please visit the ‘For Carers’ section on Ishar’s website at www.ishar.org.au. New members are welcome.

For more information please contact Irena at Ishar

CARERS ACTIVITIES

Date	Activity	Cost	Time	Location
3 February	Welcome Lunch	Free	11.00	Ishar
10 February	Talk on Natural Remedies	Free	11.00	Ishar
17 February	Candle Making	Free	11.00	Ishar
24 February	Swimming	Free	11.00	Inglewood Swimming Centre
3 March	Talk on Dementia	Free	11.00	Ishar
10 March	Creative self expression.	Free	11.00	Ishar
17 March	Outing	TBA	TBA	TBA
24 March	Yoga	Free	11.00	Herb Graham Recreation Centre
31 March	Bingo	\$5	11.00	Ishar

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