

Preventing Harm for Migrant and Refugee Women and their families

Wellsprings for Women invites migrant and refugee women to join this program which aims at helping women to learn about how to stay safe, avoid physical, emotional and mental harm to themselves and their children. It also helps women to learn about healthy and respectful relationships within the family, raising children in a new culture and what services are available to them and how to access them. To join this program call: Lora on 9701 3740

منع إلحاق الأذى بالنساء المهاجرات واللجئات وأسرهن

تدعو Wellsprings for Women النساء المهاجرات واللجئات إلى الانضمام إلى هذا البرنامج الذي يهدف إلى مساعدة النساء على تعلم كيفية البقاء في أمان، وتجنب الأذى البدني والعاطفي والعقلي لأنفسهن وأطفالهن. كما أنه يساعد النساء على التعرف على العلاقات الصحية والمحترمة داخل الأسرة، وتربية الأطفال في ثقافة جديدة، وما هي الخدمات المتاحة لهن وكيفية الوصول إليها. للانضمام إلى هذا البرنامج اتصلوا مع: لورا على الرقم 9701 3740

Hindi

माइग्रेंट और रिफ्यूजी (प्रवासी और शरणार्थी) महिलाओं के लिए अपकार की रोकथाम करना

Wellsprings for Women प्रवासी और शरणार्थी महिलाओं को इस कार्यक्रम में शामिल होने के लिए आमंत्रित करता है जो कि महिलाओं को इस बारे में शिक्षित करने में मदद देने पर केन्द्रित है कि सुरक्षित कैसे रहना चाहिए, खुद को तथा अपने बच्चों को शारीरिक, भावनात्मक और मानसिक क्षति से कैसे बचाना चाहिए। यह कार्यक्रम महिलाओं को परिवार में स्वस्थ और सम्मानपूर्ण रिश्तों के बारे में सीखने, नई संस्कृति में बच्चों की परवरिश करने और यह पता लगाने में भी मदद देता है कि उनके लिए कौन सी सेवाएँ उपलब्ध हैं और वे उन तक पहुँच कैसे प्राप्त कर सकती हैं। इस कार्यक्रम से जुड़ने के लिए Lora को 9701 3740 पर फोन करें।

Dari

جلوگيري از آسیب به زنان مهاجر و پناهنده و خانواده های آنها

Wellsprings for women زنان مهاجر و پناهنده را دعوت می کند که به این برنامه بپیوندند. هدف این برنامه کمک به زنان است که چگونگی حفظ ایمنی، جلوگیری از آسیب های جسمی، عاطفی و ذهنی به خود و فرزندانشان را یاد بگیرند. این برنامه همچنین به زنان کمک می کند یاد بگیرند که چگونه روابط سالم و همراه با احترام را در خانواده خود ایجاد کنند، اطفال خود را در یک فرهنگ جدید پرورش دهند و هم در مورد این که چه خدماتی در دسترس آنها است و چگونه می توان به آنها دسترسی پیدا کرد معلومات می دهد. برای پیوستن به این برنامه با لورا به شماره 9701 3740 تماس بگیرید.

Urdu

تارکین وطن اور پناه گزین خواتین اور ان کی فیملیز کے لئے نقصان سے بچاؤ

ویل سپرنگز فار ویمن (Wellsprings for Women) تارکین وطن اور پناه گزین خواتین کو دعوت دیتی ہے کہ وہ اس پروگرام میں شمولیت اختیار کریں۔ اس پروگرام کا مقصد ہے کہ خواتین کو یہ سیکھنے میں مدد دی جائے کہ وہ کس طرح سے اپنے آپ کو اور اپنے بچوں کو محفوظ رکھ سکتی ہیں اور جسمانی، جذباتی اور ذہنی نقصان سے بچاسکتی ہیں۔ یہ پروگرام خواتین کو فیملی کے اندر صحت مندانہ اور باعزت تعلقات کے بارے میں سیکھنے، بچوں کو نئے کلچر میں پروان چڑھانے اور یہ بتانے میں بھی مدد دیتا ہے کہ ان کے لئے کونسی خدمات دستیاب ہیں اور ان خدمات تک کیسے رسائی حاصل کی جاسکتی ہے۔ اس پروگرام میں شامل ہونے کے لئے لورا (Lora) کو 9701 3740 پر کال کریں۔



Wellsprings for Women

79 Langhorne Street, Dandenong 3175

Telephone: (03) 9701 3740

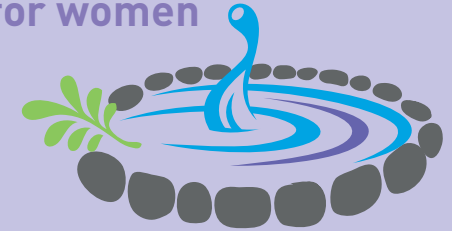
Fax: (03) 9793 9536

www.wellspringsforwomen.com

Women's Health and Safety Program



Wellsprings
for women



www.wellspringsforwomen.com

Ph: (03) 9701 3740

Introduction

Wellsprings for Women is a women-only centre dedicated to advancing the health, education and social status of women. We work with women in Greater Dandenong, Casey and Cardinia. Women who access Wellsprings are from a diversity of cultures, faiths, backgrounds and abilities.

We offer a range of programs and services including: English language and computer classes, home visitation, mentoring, Learning, Living and Belonging, Productive Learning in Australia, sewing classes, art and craft, tutoring support, playgroups, choir, volunteering program, citizenship classes, parenting, and prevention of violence against women.



Women's Health and Safety Program

The Women's Health and Safety Program is specifically designed for women from migrant and refugee backgrounds to raise their awareness and build their knowledge on issues of human rights, respectful relationships, gender equality, self-care and personal safety. Through the program women learn strategies that keep them and their children safe from harm associated with family violence and how to access the support needs and services available to them in such circumstances.

The program is funded by the federal government's Department of Social Services and is informed by a reference group of representatives from various agencies that share similar goals.

The program is delivered through a series of education sessions, action research, and testing of new intersectional approaches of engaging with women from migrant and refugee backgrounds on the topics mentioned above, while also facing multiple challenges associated with language barriers, economic insecurity, isolation, migration traumas, anxiety and depression.

Through the program the women will:

- Increase their awareness and knowledge of human rights, gender equality, respectful relationships and prevention of violence against women
- Build their confidence to recognise early signs of family violence and implement early intervention strategies
- Recognise which services are available to them and where they are located and how to access them
- Know how to adopt a gender-equality approach to child rearing
- Know the principles and behaviours of respectful relationships and what assistance is available to couples and families experiencing relationship conflicts



Duration

The program is funded by DSS for two years 2018 and 2019. However, Wellsprings for Women will continue to implement education and awareness raising sessions on these issues beyond the funding period.

How to get involved

If you wish to

- Participate in any of the education workshops or;
- Refer women to the program or;
- Share new ideas on improving the health and safety of women and prevent family violence before it occurs or;
- Volunteer to assist in the delivery and evaluation of this program

Please call the Women's Health and Safety Coordinator at Wellsprings for Women on:

Tel: 9703740, or email: lora@wellspringsforwomen.com