Women's Health Matters is offering FREE health education sessions for women* from multicultural backgrounds

Talk about health with a trained educator who speaks your language

Languages

- Cantonese
- English
- Khmer
- Mandarin

Learn online or in person about:

- Mental health
- Cancer screening
- Contraception choices
- Safer sex
- Understanding menopause
- Pregnancy choices
- Menstruation

Want to join or request a session?

Send us an email at a.khan@womenshealthmatters.org.au
or call (02) 6290 2166

MULTICULTURAL CENTRE FOR WOMEN'S HEALTH

women's health matters!

Health in my Language

A national project delivering bilingual health education

Topic 1: Let's Talk Mental Health
In this session, participants will learn about what supports good mental wellbeing and what can impact it.

Topic 2: Navigating the Australian mental health system
Bilingual Health Educators will share information about mental health supports and services.

Topic 3: Lung Cancer Screening
This health education session will cover what lung cancer screening involves.

Topic 4: Breast Cancer Screening
Bilingual Health Educators will provide session participants with information about breast screening through BreastScreen Australia.

Topic 5: Cervical Cancer Screening
This session explores the causes of cervical cancer and how regular screening can help with early detection and prevention.

Health in My Language is supported by funding from the Australian Government

*MCWH is working towards making our in-language health education sessions accessible to migrant and refugee non-binary and gender diverse people. We use the term 'women' to be inclusive of cisgender and trans women.

Topic 6: Bowel Cancer Screening
Bilingual Health Educators will share information about bowel cancer and why screening every two years is so important for early detection.

Topic 7: Contraception choices
Bilingual Health Educators will provide information about the different contraception options available to help participants make informed choices about their health.

Topic 8: Safer sex
This session includes information about the types of sexually transmitted infections (STIs), including Hepatitis B and syphilis, protection methods, and support services. It will also include a discussion of consent and intimacy.

Topic 9: Understanding menopause
In this session, participants will learn about perimenopause, menopause, and how to manage this stage of life.

Topic 10: Pregnancy choices
In this session, participants will learn about reproductive health rights, how to make informed pregnancy choices, and the health services that can support their decisions.

Topic 11: Menstruation
In this session, participants will learn about the menstrual cycle and what to expect during a period.