



Moorditj Yorga - Together Walking Term 1 workshops.

We've developed a series of interactive workshops for term 1, and we hope you can join us.

The first workshop will be on 1 February 2023, and the final workshop will be on 5 April 2023.

Workshops are open to First Nations Women living in the Fremantle, Cockburn and Melville areas who are experiencing or are a risk of family and domestic violence.

We thank Fremantle Women's Health Centre, The Family Inclusion Network WA and Zonta House for supporting these workshops.

Turn over to see workshop timetables.

Venue

Uniting WA
10-12 Market Street,
Fremantle

Days

Workshops will be held
on Wednesdays

Time

11am - 2pm

Registration

Contact Debbie Lewis
on 0466 350 517 or at
debbie.lewis
@unitingwa.org.au

A light lunch will be provided

**If you need this information
in a different format, please
get in touch**

Women's mental health and wellbeing workshops

Date	Description
1 February	Connect with others through games, storytelling and yarning over a cuppa - Facilitated by Uniting WA
15 February	We'll discuss emotional regulation and why it's important. You'll also receive tips and share ideas on how you can support children and young people to develop healthy ways of managing emotions - Facilitated by Uniting WA Children's Counsellors
22 February	We'll cover looking after yourself on your journey with Child Protection and talk about self-care while helping your children - Facilitated by The Family Inclusion Network WA
5 April	Create your own motivational artwork by decorating a tile with writing or painting a design - Facilitated by Uniting WA

Women's health and wellbeing workshops

These workshops will be facilitated by the Fremantle Women's Health Centre.

Date	Description
8 February	During National Condom Safe Sex week, we'll talk about sexual health, contraception and screening
29 March	We'll cover breast health issues, screening at the Breast Screen WA Mobile Bus and healthy eating

Future Employment Connection workshops

These workshops will be facilitated by Zonta House.

Date	Description
1 March	Part 1 - Getting started We'll take a look at study and job assistance and volunteer and work placement pathways
8 March	Part 2 - Navigating job or study opportunities We'll talk about job or study opportunities and explore study/job assistance, and volunteer and work placement pathways
15 March	Part 3 - Nailing the job interview We'll take a look at preparation of selection criteria, interview skills and professionalism
22 March	Part 4 - Following up We'll cover follow-up actions, further needed support and self-care