

Women's Health Statewide

Friday Forum Program for 2010

These forums provide an opportunity to hear vibrant speakers present on diverse topics related to the broad themes of gender, violence and mental health.

> **April 30**

Topic: **The Mental Health Impact of Caring for Elderly Relatives**

Presenter: Rosa Colanero, Multicultural Aged Care Inc.

> **May 28**

Topic: **Working with Recently Arrived Refugee Women**

Presenter: Dr Daniela Costa

> **June 25**

Topic: **The Impact of Ethnic Identity on the Effects of Childhood Sexual Abuse**

Presenter: Tanja Stojadinovic, University of South Australia

> **July 30**

Topic: **Depression: A Mindfulness Approach**

Presenter: Maxine Longford, Southern Primary Health - Inner

> **August 27**

Topic: **Promoting Well-Being & Reducing Isolation: Groupwork in a Rural Context**

Presenters: Rose Barnes & Hilary Adlam, Yorke & Lower North Health, Country Health SA

> **September 24**

Topic: **Writing Case Notes for Potential Use within the Criminal Justice System**

Presenters: Women's Legal Service Team

> **October 29**

Topic: **Mental Health Literacy – An Early Intervention Strategy**

Presenter: Deb Selway, MindSavers

> **November 26**

Topic: **Worker Well-Being: Mindfulness as a Self-Care Strategy**

Presenter: Women's Health Statewide

All Friday Forums are held at Women's Health Statewide, **64 Pennington Terrace, North Adelaide**, from **10.00am to 12noon**. Attendance is free but **bookings are essential** as seating is limited.

Please phone **8239 9600** to book in.

Women's Health Statewide is a women's health service that works within a feminist framework. We use a woman-centred approach that values women's experience and knowledge. The work of Women's Health Statewide includes: counselling, project work, training and education and resources development. Our major focus areas are Aboriginal women's health, mental health and sexual violence.

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