

## Overcoming Family Violence and Mental Health Info session

City of Stirling welcomes women to a morning of information and refreshment. There will be a:

- Welcome to Country - Aboriginal Elder
- Play '**I am Domestic Violence**' followed by an interactive presentation by Broadway actress, singer and playwright Wambui Bahati
- Domestic Violence: Personal Story – Rehab Ahmed, Project Officer, Ishar Multicultural Women's Health Centre.
- Mental Health information: How to be resilient to overcome Mental Health challenges: Personal Story - 'Aunty' Ruth Sims, Senior Social Worker, Ishar Multicultural Women's Health Centre.
- Question and answer session - City of Stirling Women's Refuge services
- Women share lunch together and receive a gift to remember the occasion

**Date:** 16 November 2015

**Venue** Herb Graham Centre, 38 Ashbury Crescent Mirrabooka

**Time:** 10.30a.m to 1.00p.m

**To book, please call the Multicultural Project officer on (08) 9205 8555 or email [familyservices@stirling.wa.gov.au](mailto:familyservices@stirling.wa.gov.au)**

Lunch will be provided. Please let us know if you have any dietary requirements. Crèche is available.

This Information session is supported under the Settlement Grant program by the Department of Social Services

