



# CASE STUDY:

## Connecting Women

**AMRC promotes health and wellbeing by delivering workshops to women from refugee and migrant backgrounds**

AMRC Adelaide, Northern Area MRC and regional MRCs in Bordertown, Murray Bridge, Mount Gambier and Naracoorte delivered health and wellbeing workshops to women of migrant and refugee backgrounds in partnership with SA Health.

These workshops provided a platform for women to be empowered by learning about health care knowledge, including how to navigate the Australian health care system and how to access health care services.

Connecting Women health workshops were run with participants of Afghan, Iranian, Eritrean, Myanmar, Kenyan, Pakistani, Indonesian, Hazara, Chinese, Yazidi, Congolese and Burmese background.

Workshop outcomes for participants included increased understanding of digestive health; increased understanding on the importance of screening, early detection and prevention; how to book screening appointments; using screening kits provided during workshops; increased knowledge on health care services available and how to access them; increased understanding of how screenings are conducted in Australia; and furthering outreach in regional communities.

### AT A GLANCE



#### Target Participants

Women from new and establishing communities in metropolitan and regional South Australia



#### Aim

Enhancing health education knowledge of women from migrant and refugee background to ensure their equal access to the Australian health care system.



#### Organisations Involved

Australian Migrant Resource Centre (AMRC), Northern Area MRC, regional MRCs and SA Health.



#### Location

Metropolitan and regional South Australia.



#### For More Information Visit:

AMRC Website: <https://amrc.org.au/>

Cynthia Caird, Women's Empowerment Program  
(Connecting Women Health Workshops) –

T: (08) 8217 9504 or E: [cynthia@amrc.org.au](mailto:cynthia@amrc.org.au)

