

# CASE STUDY: Women of Worth



## Access Community Services promotes Strengthening Women of Worth

### AT A GLANCE



**Target Participants**  
Women from CALD backgrounds



**Aim** To empower women to engage with the community for social and emotional support.



**Organisations Involved**  
Access Community Services



**Location**  
Logan, QLD



**Funding**  
Settlement Services Program (DSS)

### Women of Worth

The WOW women's group was initially started as a response to the need for women to have a space to be able to come together to meet socially and participate in activities, especially for those recognised as being socially isolated. The purpose of the group is to target newly arrived refugee women and humanitarian entrants with the aim of empowering them and addressing the issue of social isolation, to increase participants' knowledge, awareness and solutions regarding Mental Health and to increase participants' practical skills ability and education levels.

It quickly turned into a weekly meet up from women of different backgrounds coming together to share and learn new skills, in particular to converse in English as there were so many different cultures that English was the only common language. It became apparent that there were benefits to this group and was ascertained that this would be a soft-entry approach to address more complex needs, which the women were experiencing. Activities were therefore organised to be holistic and shaped by the settlement experience of women focusing on their mental health, education, pre-employment skills, English opportunities and general well-being.

### Successful outcomes:

WOW has now evolved into an energetic, vibrant space that women can come to and feel welcomed and free to express themselves.

*"When Suzan came to Australia, her priority was her family and their happiness, resulting in her putting herself last. When I first started working with Suzan, she was very socially isolated, but it seems that now she is happier within herself and is making friends and connections within the community. WOW has been an amazing contributing factor for this as, by being involved in the program, Suzan has built her confidence and prioritized herself and her happiness."*

**Suzan Al Yoka**

*42 years old  
from Iraq*

**For More Information Visit:**

[www.accesscommunity.org](http://www.accesscommunity.org)

