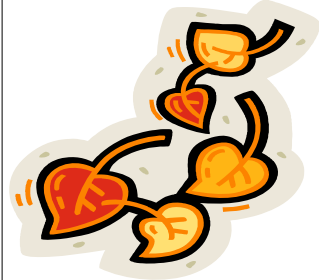




Midland Women's Health Care Place Inc.

Women's Business

NEWSLETTER



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International Women's Day - 8th March 2010

International Women's Day is a global event where women all over the world celebrate women's achievements past, present and future.

We here at Midland Women's Health Care Place marked the event by holding a Discussion Forum with the theme being "Equal Rights, Equal Opportunities: Progress for all."

It was a successful event where thirty attendees enjoyed meeting with other women in the community and having an opportunity to have their say and be heard.

Before discussions began attendees enjoyed a lovely lunch and light refreshments. The event commenced with a Welcome to country by Anne an Aboriginal Health Worker before

Patsy Molloy facilitated the workshop. The participants raised topics to discuss. These included:

- Family and friends
- Tolerance and love
- Choice



- Feeling Valued
- Equal Numeration
- Environment
- Health
- Reaching your potential

Four main topics were then chosen to be examined further in smaller groups.

The issues raised generated much discussion. The diversity of knowledge, culture and personal experiences combined enriched the forum.

The forum came to a close with the lighting of candles and a wish that was sent out to all women in the world.

It was a time to honour those women that have sacrificed, fought and rallied for the rights women have today. For they have got us this far; but it is now up to us to not be complacent but continue to move forward.



Poetry Corner * Sisters of the Traveling Butterflies

Time Passes.....
Life happens.....
Distance separates.....
Children grow up.....

Jobs come and go. Love waxes and wanes. Men don't do what they're supposed to do.....

Hearts break.. Parents die. Colleagues forget favors. Careers end.....

BUT.....Sisters are there, no matter

how much time and how many miles are between you. A girl friend is never farther away than needing her can reach.....

When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end.....

Sometimes, they will even break the rules and walk beside you.....or come in

and carry you out. Girlfriends, daughters, granddaughters.....
Daughter-in-laws, sisters, sister-in-laws, mothers, grandmothers, aunts, nieces, cousins, and extended family, all bless our life!

The world wouldn't be the same without women, and neither would I. When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other. Every day, we need each other still.

Stay Connected...See our programme

At Midland Women's Health Care Place we have a holistic approach to helping women within the community. Not only do we offer counseling and meditation workshops but also run a GP and free Pap clinic. When looking at wellbeing it is important to see the whole person; Mind and body.

Our Courses are reasonably priced, some are free so there are no excuses. Commit to do something positive for your self and reap the benefits.

Due to their popularity; this term we have re introduced our Belly Dancing and Stress Management work shops.



Come along and learn something new while connecting with other women in your local area.

It is always uplifting to meet other women who have similar life stories to yourself or are struggling with the same issues. Often we can feel isolated and alone when going through difficulties, moving to a new area or having a new baby. Whatever your case maybe Midland Women's Health Care Place hopes to offer a meeting place; giving opportunity for women to feel connected and a safe place to land.

Check out our new timetable and sign up TODAY!

Manager's Message



Welcome to the new term at MWHCP. We are now well into the New Year, and I hope the Yoga options and new Self Esteem groups are a welcome change. We still have lots of women interested in the Tai Chi and are busy searching for an Instructor for next term. I am noticing that the Christmas break seems to get shorter every year, but perhaps this is because I have recently taken over the care of my elderly Mum. I am also noticing that many more of my friends are struggling with issues of relatives with cancer, teenage children doing Year 12 and elderly parents. I guess we all need, at times like this, to re-assess. I noticed last week that the thing that had fallen off the agenda (as usual, do I hear you say?), was my exercise program. Now for several years I have been swimming a couple of times a

week, in the morning (hence the gentle whiff of chlorine as I enter a room). It is essential for my stress and anxiety levels, and is time-out, even meditation and thinking time. I just stopped going as often because I felt worried that leaving Mum by herself for an hour or so (while she was still asleep, mind you!) was too risky. Instead I became more stressed and anxious (of course about Mum, not me). I think I didn't handle either work or home very well. I got snappy. Now my re-assessment is that I am asleep most of the night anyway, I cannot be "on guard" 24/7 and that should something happen, I might happen to be at work anyway. This is the Carer's dilemma - and it fits very neatly into the "if I'm not there, who will do it?" and "no-one does it as well as me", and the "I am responsible for everything in my life". I recognize some of these as the ways we are brought up as women, to be responsible for everyone else, all the time. Now I know self help books are

very good at the responsibility pattern thing "I choose my life etc.", but when these messages are used to beat ourselves up with, then I take objection. Yes, I do choose to look after my family. I DO NOT choose that they get sick, or that I get sick trying to do everything and be superwoman. So I've got some new strategies in place. I talked to my sister about every second weekend, and I have arranged for a friend to come for two nights to stay (so I get some time off) and my daughter will spend a night a week with Mum. It might not all work out, but I'm doing it BEFORE I'm completely burnt out and gaga. And I'm still telling myself I'm not being selfish. But I can also speak sternly to myself, and listen to what I have to say. After all that's what re-assessing is all about. If you are also caught in this dilemma too, maybe have a go at having a plan? And mostly let yourself off the hook.....

Domestic Violence in CaLD Communities

The talk on Domestic Violence in CaLD Communities was run in conjunction with ISHAR.

Irena and Ruth were the speakers that presented this talk. Irena added the theory and background to support Ruth's very real experience of the issues surrounding domestic Violence in CaLD communities.

Ruth's talk in particular was an

impassioned look at the differences in dealing with Domestic Violence here in Australia as opposed to Domestic Violence back in her home town in Africa

She spoke of Family Violence rather than Domestic violence. Domestic Violence is a matter for the family; no isolation or separation no embarrassment. Police or other authorities would only be brought into play after the family

had intervened and failed. It was interesting given the amount of restraining orders that fail to protect domestic violence victims here in Australia.



DAYS TO REMEMBER

- Pap Clinic Weekly Tuesdays
- Female GP Weekly Thursdays
- Mothers Day Sunday 9th May
- WOW! Women on Wellness Week 3rd-7th May
- Women Without Limits 24Sept to 26Sept



SUN DOWNER



A great time was had by all with lots of nibbles and not to mention a little bubbly to bring Christmas cheer and Merriment to the New Year.

It was lovely to see some familiar faces that we often just meet through the years events and projects. This gave us all the opportunity and space to connect with the people that support our services on a warm personable level.

THANK YOU ALL!



December last year Midland Women's Health Care Place brought the year to a close with a Sundowner. It was an opportunity to thank our supporters and toast in the New Year wishing continued success in our partnerships.

Welcome Emily

Hi all,
My name is Emily Tilbrook and I am currently at MWHCP doing my clinical psychology placement. I will be here until approximately May of this year.

I am in the 7th fulltime year of my degree having completed my Bachelor of Psychology/Criminology undergraduate in 2006 and my Bachelor of Psychology honours in 2007. Since completing my honours degree in 2007 I have been working

Welcome Vickie

Hello everyone.

My name is Vickie Hovane and I am an Aboriginal mother of four children one grandchild from Broome in the Kimberley region. I'm currently living and studying in Perth...boy, I thought it was HOT up there, but I might have to go home to cool down!!!

A bit about me...over the past 28 years I have developed a broad range of experience having worked in the fields of legal services, social welfare, counselling, community-

toward the completion of my combined masters and PhD in clinical and forensic psychology. I have experience working in family psychology, child/adolescent psychology and individual psychology with a variety of adult client groups.

I have also spent much of the last 3 years tutoring and lecturing in the Psychology and Criminology undergraduate programs at ECU. However, the most precious aspects of my life would be my husband and two wonderful

based offender rehabilitation programs, victims' services, and research and evaluation.

I hold an Honours Degree in Psychology and am working towards completion of a PhD in Forensic Psychology this year...yippee!!! Even though at the moment it's hard to imagine life without study which has been a part of my life for the past 14 years, I'm absolutely sure I'll get used to it.

At the moment I study part-time, do a bit of paid work and voluntary community work, and continue to juggle this

boys.

I have been at MWHCP since the beginning of December in 2009 and as a result of the experiences that I have had here so far I am looking forward to being here over the next few months. Since I first walked in the door of MWHCP I have felt welcome and a part of a very friendly and supportive team. I also believe that the experiences that I have had here so far have outweighed (in a good way) my expectations and I look forward to the future experiences that I will have at MWHCP.

with being a wife, mother and grandmother. Not surprisingly I've had lots of practice in reassessing and reprioritizing on an ongoing basis.

I started a placement at the MWHCP at the end of January 2010, as a Clinical Psychology Intern and work on Thursdays and Fridays. I had heard about the MWHCP from a colleague and because I was keen to work with and provide whatever support I can to women, the MWHCP seemed the natural choice for me.

Julies Back!

Those clients that are interested in continuing counselling with Julie now have the opportunity through the Medicare mental health plan. In order to be eligible for this plan you need a Medicare card to see your GP and get assessed. Your GP can then give you a referral which you hand onto us. This entitles you to 6-12 sessions of counselling at a reduced rate. Please speak to Tracy at reception if you have any further questions.

Aboriginal Women's Health Forum-

A Bureau of Statistics reports shows the life expectancy of Indigenous women is 17 years younger than for non-Indigenous women. The information is a snapshot of the health and well-being of Aboriginal and Torres Strait Islander women. Given these staggering figures it is important to bring this issue to light.

Midland Women's Health Care Place was honored to host the Aboriginal Women's Health Forum on Wednesday 2nd December 2009.

Grief and loss



It is a normal process of life to say goodbye to someone we love as part of our day to day lives. Everyone has experienced a "good bye moment". It is implicit in life circumstances.

I believe that one of the most difficult "goodbye moments" is that of the death of a loved one. And of course, there are others, such as the loss of a long or short term relationship, the loss of a job or a house, the loss of our children when they leave home and we feel an "empty nest". Loss of one's country when someone has to flee or even migrate, and the list continues. I can say there are big losses and little ones. Each individual can face these losses in different ways.

It is possible to accept the loss once we assume that we need to overcome this, which is difficult, as we have to face the pain that is involved.

One way to accept the pain is to go through the process of growing, to be able to learn through the process. We need to have the capacity to make reflections. To grow is a learning experience (and vice versa). We can grow psychologically by learning to say no, or, when we are able to give to others or when we can love. The same is valid when we can learn to say goodbye. As a child, we start growing by walking, using our hands to eat, controlling our sphincters. We can also grow by learning other skills and we become more resilient.

This event was presented by Women in Partnership with organizations such as the Cancer Council, Heart Foundation, Women's Health Services, Diabetes WA Asthma Foundation of WA, Sids and Kids Western Australia and Beat Breast Cancer came together to inform support and encourage Aboriginal Women.

Attendees were invited to a free pap clinic and were also encouraged to

book into our bulk billed Female GP clinic. A great event and a cause we continue to support.



Some people feel omnipotent of the illusion of an eternal life, they live in denial and still feel the pain which can be expressed in different ways. Others can't just recuperate from a loss which can become pathological. Many times the pain expresses in the body. Then, the body speaks through symptoms.

The process of grieving can take different stages and also different intensity or duration. For some people a grieving process can take six months to one year or two. If the grieving process persists, we are talking about a pathological grieving process which the individual was not able to elaborate, to process. The word grief comes from the Latin dolus and it means hurt. It hurts to experience a loss. In order to overcome a loss we need to work through it, to process, to elaborate. Each individual has its unique experience of grieving, it's a personal experience according to background history, culture and experience of life. The death of a loved one awakens a great impact with different reactions. It depends on the kind of bond you had with the loved one. As a result this loss can be experienced emotionally as a withdrawal, insomnia or even as losing appetite/weight. This will be the answer to the impact of the loss stages with possible elaboration.

The different stages of grief and loss are:

Denial: the person is not able to believe that the loss has occurred. There's a period of shock and disbelief.

Bargaining: in which people start to come out of denial but they continue to resist accepting what has happened and find ways to prevent the loss or to

change things.

Forgiveness/Acceptance: Ideally, in time, the person accepts the loss whatever it was and adjusts to the new situation.

One way of resolving a grieving process is to connect to others, to relate in order to debrief, to be contained. This can be achieved by attending a grief and loss support group or by doing counselling. If people get stuck into any of the stages without any resolution, there's a personal death. We can always overcome the grief and help others in similar circumstances.

It's important to follow some rituals in order to say goodbye. Usually, in my own practice, I assist clients to work through the grieving process by producing these rituals, depending on each individual belief system. They are easy steps to follow to allow us to walk through the pain, to make closure and to move on with our own lives.

By Monica La Ferrara

Ref: grief and loss

Winnicott, Donald (2001): babies and their mothers
Robine Jean (1986) Six studies of psychology. Frankl, Viktor (1955) Man and the search for meaning.
Freud, Sigmund (1973) Complete Volumes.

Loss and grief. Charting your course: seminar IV-Setting your sails: "A whole person approach to living with cancer" provided by Norris Cotton Cancer Centre.

[http://www.wordsbyim.com/content/Grief and Loss.html](http://www.wordsbyim.com/content/Grief%20and%20Loss.html)