



Understanding Healthy Relationships

For Women from Migrant and Culturally Diverse Backgrounds

- Am I in a healthy relationship?
- Do I understand my right to feel safe, respected and valued ?
- Do I know where I can go for further information and support?

Interrelate, in partnership with Kai'Mia Community* would like to invite you to a free, safe and confidential program where you can:

- Learn to recognise the signs of healthy and unhealthy relationships.
- Understand your rights to live free from violence, abuse, and coercive control.
- Explore strategies to build confidence and increase wellbeing.
- Learn about services and support available for women experiencing domestic and family violence.
- Connect with other women in a safe, supportive, and confidential environment.

*Kai'Mia Community in GyMEA works alongside migrants, refugees, and culturally diverse families to help them feel connected, informed, and supported. Through programs, events, and individualized assistance, we empower people to build strong and thriving lives in their community.



Cost
FREE



What
2 sessions –participants to attend both sessions.



When
Friday 23 October
Friday 30 October

10:00 am – 12:00 pm



Where
Kai'Mia Community Centre
39 GyMEA Bay Road GyMEA



Registration
Please call 9524 9559
or email:
reception@kaimia.org.au