

VTMH FORUM 2023 Women Empowering Communities

WE ARE ON
WURUNDJERI
COUNTRY

WOMINJEKA

IT'S NOT
WEAK TO
SPEAK.

STRONGER
SAFER,
THRIVING

AND
HEALING

IF ENOUGH COBWEBS
COME TOGETHER,
THEY CAN TRAP
A LION.

WARNING:
DAD JOKES

HEAR YOUR
OWN VOICE:

WE PLAY
A ROLE.

TAKE CARE OF
YOURSELF.

Tigist Kebede, MC



Victorian Transcultural
MENTAL HEALTH



VTMH FORUM 2023 Women Empowering Communities

RELATIONSHIPS TAKE TIME

WHERE DOES THE FUNDING GO?

MAINSTREAM ORGANISATIONS

SYSTEMS... IN OR OUT? OR BOTH

LACK OF GOVERNMENT SUPPORT

BRING IN HUMANITY

WE'RE EXHAUSTED

YOU NEED TO REST

WHAT IS PURPOSEFUL FOR YOU?

BEING YOU IS ENOUGH.

DEFINE LIVED EXPERIENCES APPLY VOICE? VALUE

POWER

CHOICE

REFUSE TO ENGAGE

OPINIONATED

SELL OUT

empowerment

UNDervaluing VOLUNTEERS

HOPE IS THE CHANCE WE GIVE IT BY THE WORK WE DO.

YOU CAN LOVE YOUR COUNTRY, AND LOVE JUSTICE.

I WAS RUNNING AWAY FROM ADVOCACY...

I AM MORE THAN BEING BLACK

HAVE HONEST & DIFFICULT CONVERSATIONS

SOMETIMES YOU NEED TO HAVE A PITY PARTY

RACISM

(KEEPING US AWAY FROM OUR WORK)

OUR EXISTENCE IS RESISTANCE.

Nyadol Nyuon, OAM



STEP 1:
ACKNOWLEDGE
HISTORY

lore

WE ALL HAVE
a CULTURE.



Victorian Transcultural
MENTAL HEALTH



OUR CONNECTION
TO COUNTRY,
CULTURE & KIN
REMAINS **STRONG**



UND RIP

• SELF DETERMINATION ...THE REMEDY,
• CULTURALLY SAFE IF THERE IS ONE

lies elsewhere

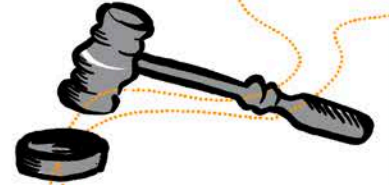


COLONISATION IS
STILL HAPPENING.

MY
SONG LINES

MATRIACHAL
CULTURE

TREATY



KNOWLEDGE IS a CONTINUUM.

LISTEN
TO MOB.



Sheree Lowe



MUMS,
AUNTIES, SISTERS

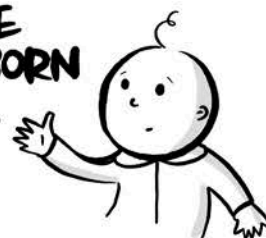
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FIND YOUR HOW

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PEOPLE AREN'T BORN RACIST.



BOTTOM UP EMPOWERMENT TO SPEAK OUT AGAINST RACISM

I WANT TO BE LISTENED TO.



SUCCESS LIES IN THE DOING



= SOCIAL CAPITAL

TAKE UP SPACE

IF YOU CAN'T, THAT'S OK TOO.

COMMUNITY LED

REPORT RACISM



LEADING THE FIGHT REQUIRES LIVED EXPERIENCE

HOW MANY TIMES?

COMPLEX SYSTEMS

HOW CAN WE MAKE CHANGE?

HEALING

KNOWING WHERE TO FIND HELP.



SERVICE AVAILABILITY

BE HUMBLE.



Dr Mario Peucker



Linda Yang

HOW CAN WE HELP?



Huwieda Idris



Victorian Transcultural MENTAL HEALTH

SAFE SPACE



REMOVE BARRIERS



STRUGGLE,
AGENCY &
ACHIEVEMENT

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NAME IT.
DESCRIBE IT.
DISMANTLE IT.

WHERE TO
FROM HERE?

6 MILLION of US SAID
YES.

THOSE WHO DO NOT
KNOW ENOUGH OF
THE PAST ARE
CONDEMNED TO
REPEAT IT.

(IT'S A
CROCK.)

THE PATRIARCHY WRIT LARGE.

OCTOBER 14
FILLED ME
WITH GREAT
SHAME

THE
CON
STIT
UTION

WE ARE
IN DEEP
TROUBLE

ON THE RIGHT
THIS IS A
BUDGIE



EQUAL PAY
EQUAL SUPER
EQUAL HOME DUTIES

WE DIDN'T
KNOW
THAT...



KNOWLEDGE POWER

WE GO
HIGH

WE MUST
WORK
TOGETHER
POWER WITH

WHEN THEY
GO LOW...

WHO,
ME?

DO NO
HARM.

VOICE
TREATY
TRUTH



Mary Crooks,
Executive Director,
Victorian Women's Trust



Victorian Transcultural
MENTAL HEALTH



EMPOWERING WOMEN – HEARING FROM GRASSROOTS APPROACHES



THE POWER of MUSIC

"MUSIC HAS CHARMS to SOOTHE a SAVAGE BEAST"

SOME PEOPLE CAN'T COPE WITH OTHERS' TRAUMA



Nicki Johnson



Victorian Transcultural MENTAL HEALTH

soothing THE SAVAGE BEAST.

LET'S 'SHAKE' IT OFF!

SINGING IN HARMONY OPENS & SETS US FREE...

bliss

SETTLEMENT CONFLICT

DO NO HARM



SINGING IN HARMONY

WE CANNOT SIT IDLY BY.

WITH MUSLIM WOMEN



Fazlinda Faroo



SHARING STORIES

Spirituality

WE ARE ONE BODY...

PHYSICAL SYMPTOMS OF MENTAL HEALTH

- MIGRATION
- SETTLEMENT
- SURVIVOR'S GUILT

EMPOWERMENT COMES FROM WITHIN

THE BENEFITS ARE HUGE

DANCE 'n' ROLL

OPTIONS... NEVER DANCE AGAIN, or



WE CARRY a LOAD...

BUILDING COMMUNITY



Rocca Salcedo

LACK of ENGLISH LITERACY

THE FUTURE

WE SPEAK TO THE TRUTH

