

# Positive steps for your family's well being.

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## WEDNESDAY 24<sup>th</sup> March Seminar/Workshop

Australian Greek Welfare Society organised and delivered successfully a seminar/workshop on Wednesday 24<sup>th</sup> March in the Greek language for youth, parents, couples, carers, grandparents and relatives on communication and positive living. 76 people attended and participated actively, interacting positively with Mr. Maglis, (Family Counsellor) who spoke on the topic of "Looking at issues & making decisions". The use of PowerPoint presentations enhanced the topic and made the seminar interesting and easy to follow. Mr. Maglis consulted the participants on their needs and issues and responded to questions relating to relationships, family, positive parenting and many more. The use of diagrams, pictures, cartoons, speech bubbles and hands on activities made the workshop very interactive and relevant. All participants received an education package with bilingual information on communication, parenting, relationships, drugs, safety and risk taking as well as conflict resolution. The package included many relevant services with useful addresses and phone numbers. Many participants were

linked to various services and social workers and psychologists of AGWS for the resolution of their various issues.



The main objectives of the workshop were:

- To inform the participants on various services offered through AGWS and other organizations that work and assist families and parents.
- To identify the causes of friction within the family.
- To develop strategies to enhance communication.
- To help participants to find out possible solutions.
- To offer guidance towards positive decision-making.
- To empower participants to deal with conflict, needs and issues more successfully on a day-to-day basis.



This workshop was developed as a response to Greek community needs and issues identified through an ongoing media campaign that AGWS has undertaken in the area of parenting and prevention of illicit drug taking by youth. The Commonwealth Department of Health & Aged Care and the State Department of Human Services fund this program until August 2004. Drug Education Officers Antonios Maglis and Evan Sycamnias are pleased with the community's involvement so far, and with the apparent shift in cultural norms, however they would like to urge more individuals to access AGWS services further as there is a great need in the community which is still unmet. Australian Greek Welfare Society offers the following services:

### **FREE COMMUNITY DEVELOPMENT**

AGWS focuses on women, youth, men and their families, aged people and their carers, frail aged, disabled, families, work cover and families, professional training and consultations. Activities undertaken include information provision, group work and education, policy input, networking and liaising with other services.

### **FREE DRUG SERVICES**

AGWS offers drug prevention, education and harm minimization. This service aims to identify and develop resources and implement strategies to make

linguistically appropriate material and programs/services available to Greek youth and their families.

### **FREE GREEK LEGAL INFORMATION & REFERRAL SERVICE**

AGWS offers a Greek legal information and referral service every fortnight on Wednesday evenings from 6.30-8.30 pm. Professional Greek speaking solicitors provide information and referral service upon appointment.

### **FREE CASEWORK & COUNSELLING SERVICES**

Casework and counselling services offered to individuals, groups and families are offered between 9 am & 12 pm and 1 pm & 4 pm Monday, Tuesday, Thursday and Friday at AGWS head office, 7 Union Street, Brunswick.

### **CHILDREN'S SERVICES**

AGWS has a Children's Services Resource and Development Officer working with Children's Services with the City of Yarra to improve access and services to culturally and linguistically diverse families.

AGWS operates a bilingual childcare centre and kindergarten.

### **AGED & DISABILITY SERVICES**

Other Services offered by AGWS include Greek Adult Day Care Centres, Planned Activity Groups, Respite Care, Volunteer Social Support, and Community Visitors Scheme.

### **FREE COMMUNITY EDUCATION**

AGWS delivers seminars on health and welfare topics targeting the Australian Greek community on a general and regional level.

AGWS offers information provision and education on issues affecting the Greek community through the Greek language and media outlets. Presentations and training on various issues to established Greek groups throughout the Melbourne Metropolitan Region and cross-cultural training to professionals.

For further information and assistance ring on **9388 9998** Mon.-Fri. 9-5 pm or access AGWS website on [www.agws.com.au](http://www.agws.com.au)