

# Becoming involved and making a difference

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**WHISE** is an incorporated body managed by a community based Council, which is elected from the membership base each year. All women working, living or studying in the region are encouraged to become members, at no cost. Your membership at WHISE is invaluable to us and provides us with the opportunity to listen to another “voice” that can offer new ideas and opinions about the directions and programs we offer.

Membership also entitles you to lending privileges from our Library, up to date news and information via regular communications, voting rights at our council and the opportunity to be involved in an invaluable service to the community for women within our area. Associate memberships are also available to organisations that support the aims of WHISE.

Please contact us to register your interest and for more information on (03) 9794 8677.

**Donations are another way to make a difference to our organisation, donations of \$2.00 or more are tax deductible. Donations can be made at our office or through the WHISE website.**

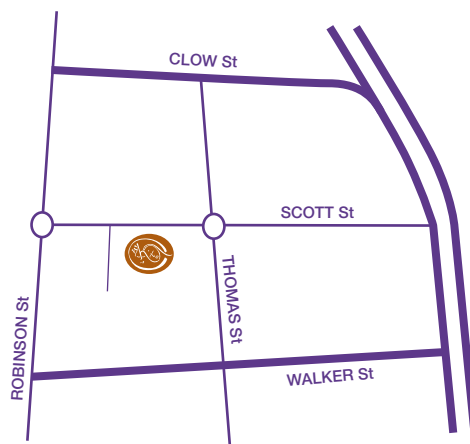
## Where are we?

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**WHISE provides services for women in the Southern Metropolitan Region, from Port Melbourne to Portsea and to the east as far as Pakenham.**

### Local Government areas:

- Port Phillip
- Stonnington
- Bayside
- Kingston
- Greater Dandenong
- Cardinia
- Frankston
- Mornington Peninsula
- Casey



## Hours

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Monday to Friday, 9am to 5pm  
*Drop in or telephone*

Women's Health In The South East  
Ph 03 9794 8677 Fx 03 9793 1866  
15 Scott Street, Dandenong, Vic 3175  
Em [whise@whise.org.au](mailto:whise@whise.org.au) Web [www.whise.org.au](http://www.whise.org.au)

# Women's Health In The South East

Strength in dignity, choice, diversity, justice



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## About us

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Women's Health in the South East is a not for profit, community based women's health service run by women for women and supported by the Department of Human Services, Victoria.

WHISE provides a range of programs and services to support women in the community to take responsibility for their own health and wellbeing.

Our services are free and accessible to all women in our region via our phone:  
(03) 9794 8677.

## Our vision

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We know our clients come from many backgrounds and various circumstances. We value the richness that diverse backgrounds and experiences bring. We try to understand your point of view and to help you work out solutions that are best for you.

## What we offer

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### Health promotion

- Information sessions for individuals, community groups and professionals.
- The active promotion of women's health issues to the community for the improvement of services.
- Providing information and knowledge which assists women to maintain a healthy life.
- Promotion of co-operation and skills sharing amongst women.

### Training and Education

- Education and training programs.
- Consultancy and training to women's health groups, professional health workers and other relevant services.

### Community Services

- Telephone & drop in service.
- Referral to other services such as: hospitals, community health centres, specialist services for young women, women experiencing violence and/or disability, mental health specific services.
- Consultancy and advocacy to improve women's health.
- Support for self-help groups in the region.
- Library with lending privileges for members.
- Resources on current health matters.

## Programs

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- **Respect Protect Connect** – providing training and support for peer educators working with young women in secondary schools. This program provides school workshops on violence and bullying for students aged between 12 and 18 years.
- **Connecting Women, Connecting Communities** – home visiting dedicated to socially isolated, newly arrived refugee women from Sudan, Afghanistan, Ethiopia, Somalia and Kurdish backgrounds.
- **CALD programs** – directed to women and men from different ethnic communities and training them to become peer educators on issues common for their communities.
- **Wellbeing activities** – designed to maintain women's physical and mental health.

