

Saint Mary's Antiochian Orthodox Church

2023 Wellbeing Awareness Program

As part of our mission to promote and support the general well-being of individuals and families, Saint Mary's Antiochian Orthodox Church is committed to continuing the provision of a series of awareness workshops to the local and wider community of Greater Western Sydney District.

The main objective of this program is to promote the health knowledge and wellbeing awareness of all individuals including the CALD communities. This is done through providing ten interactive workshops throughout the year. Each awareness session is a 2-hour face to face workshop that empowers participants to learn more about their mental and physical health and its impact on their daily life. These motivational workshops aim at providing attendees with opportunities for self-development that promotes healthier relationships and better wellbeing.

Sessions are FREE of charge and open to individuals and families who understand Arabic and English.

1. Mental Health Post COVID

The main aim of this workshop is to describe the various mental health impacts of COVID pandemic on individuals living in Australia. Participants will be invited to explore how mental health can have deep impacts on interpersonal relationships and community life.

2. How to Build Positive Habits?

Recognising negative patterns of behaviour is the first step to making positive change. This workshop helps individuals to learn the basic attitudes and skills needed to build positive habits that improve their wellbeing and life. It explores the different stages of change, barriers to making and maintaining positive change.

3. What is Domestic Violence?

This interactive workshop is for anyone who is interested in increasing their knowledge and awareness of domestic and family violence in order to make positive change. It also assists in providing guidance and support for partners or family members affected by the abusive behaviours.

4. The Art of Managing Anger

This session explores the neuroscience and mechanisms of anger and its underlying triggers. This workshop promotes a better understanding of the impacts of uncontrolled anger on an individual's wellbeing and relationships. Participants will also learn effective healthy ways to control their anger and overcome the stresses of daily life.

5. Understanding Depression

This session offers a better understanding of what depression is, its incidence, its development how it develops and its impact on daily life including interpersonal relationships and families. It exposes the many myths associated with depression.

6. Alcohol Abuse: Its Nature and Impact

This workshop defines the nature of alcohol addiction and its stages. It explains the neuroscience of addiction and how it develops. It also explores the short and long-term effects of alcohol addiction on one's health, personal and family life.

7. Recognising Gambling Addiction

This workshop explores the prevalence of gambling in the Australian communities. It highlights the signs of gambling addiction and its causes. It also provides guidance and support for individuals and families to manage this addiction and limit its negative repercussions on their lives.

8. Skin Cancer: What are the Early Signs?

This workshop will help in promoting a better understanding the different types of skin cancer and its major causes. It will also focus on the significance of detecting the early signs of skin cancer and importance to seek medical advice and support before it is too late.

9. Toxic Communications in Relationships

This session explores the major unhealthy habits of negative communication and its adverse impacts on relationships. Participants will learn how to identify toxic communication styles that can destroy their marital and family relationships. This workshop offers tools to build healthy effective ways of communication that strengthen relationships.

10. The Art of Active Listening

This workshop discusses what active listening means and its importance in building healthy relationships. Participants will be empowered with a better understanding of their own listening skills and areas of development. This session provides practical tools to improve one's listening skills to establish stronger healthy relationships which support their overall wellbeing.