



A MENTAL HEALTH MONTH EVENT

OUR CHILDREN OUR FUTURE



**SITARA'S
STORY**
INTO THE LIGHT



Hosted by SiTara's Story

SUNDAY, 30 OCTOBER 2022

THE THEO NOTARAS MULTICULTURAL CENTRE
180 LONDON CCT, CANBERRA AUSTRALIAN CAPITAL TERRITORY
2601

Supported by GO EQUAL Gender Equity Consulting and Initiatives for
Women in Need (IWIn)



CONFERENCE AGENDA

Sunday, 30th October 2022



11:00 AM

Welcome to the conference

11:05 AM

Inauguration speech

Tara Cheyne MLA
Minister for Multicultural Affairs

11:15 AM

Coffee break/networking

11:30 AM

UN Model Debate

Facilitator: Alicia Louise Lillington, Co-Chair, ANU Women Alumni Network

Anika Nawar, Consultant, Ernst & Young
Ananya Bannerjee, Student, ANU
Javeria Aamer, Student, Canberra Girls Grammar
Shafeen Mustaq, Government Executive
Sidratul Muntaha Siddique, Student, Canberra Girls Grammar
Hari Iyengar, Engineer & Founder
President, the South Asian Federation ACT (SAFACT)
Shweta Chatterjee, Secretary IWiN & Primary school teacher

12:15 PM

The Journey from Afghanistan to Canberra
Canberra artist Hangama Obaidullah

12:20 PM

Lunch

1:00 PM

Master Panel discussion

Facilitator: Yvonne Luxford, President MHCC ACT & CEO Perinatal Wellbeing Centre

Emma Davidson MLA, ACT Mental Health Minister

Gina Zhang, Board Member and company secretary, MIEACT

Zainab Farouq, Government Executive and Multicultural Women's advocate

Zakia Patel, Multicultural Hub Regional Director (Canberra, NSW)

Ray Mardia, Leadership coach, lawyer, and human right activist

2:00 PM

Closing

Registration: <https://www.trybooking.com/events/landing/962417>

Enquiry: sitarasstory@yahoo.com



OUR CHILDREN OUR FUTURE

MUN DEBATE SESSION

Meet our amazing speakers



Engineer

Hari Iyengar



Primary School Teacher

Shweta Chatterjee



Government Executive

Shafeen Mustaq



Consultant, EY

Anika Nawar



Student, ANU

Ananya Banerjee



Student, Canberra Girls

Javeria Aamer



Student, Canberra Girls

Sidratul Muntaha Siddique

30th October, 2022

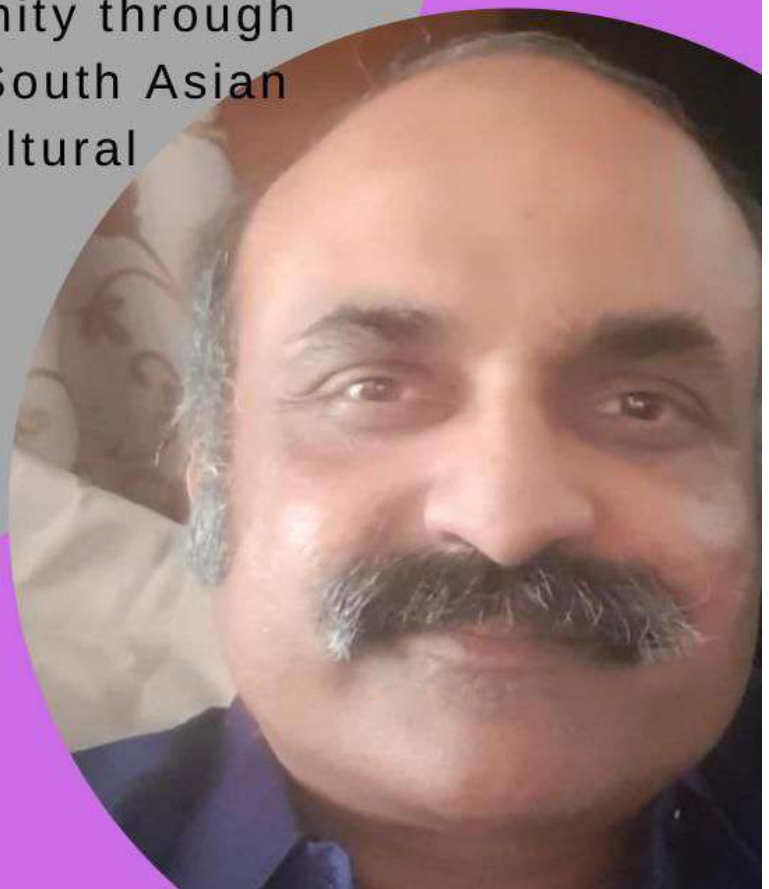
11 am

**The Theo Notaras
Multicultural Centre**

HARI IYENGAR

Hari Iyengar is an Engineer, Project Director and Director, Sharai Projects Pty Ltd. He is the Founder President of the South Asian Federation ACT (SAFACT), a community organisation promoting peace, harmony and cultural diversity in the Australian Community through an integration of strong South Asian family values and multicultural harmony. A singer and a father of two daughters, Hari is an advocate of equal rights for women and mental health initiatives.

30 OCT
2022
11 AM



SHWETA CHATTERJEE

Shweta Chatterjee is the Secretary of Initiatives For Women In Need (IWIn), a community organisation that supports women and advocates for issues that impact the well-being of marginalised women coming from multicultural backgrounds. Shweta is a primary school teacher by profession and very passionate about children's education. She enjoys traveling, cooking, watching documentaries, history, reading and gardening.



30 OCT
2022
11 AM

SHAFEEN MUSTAQ

Shafeen is a Bangladeshi born, first generation Australian Muslim woman working in the APS. Shafeen is passionate about enduring positive social change and has published a book on her experiences speaking to rural women in Bangladesh empowered through microcredit. She has extensive experience as a management consultant delivering strategy and transformation for Government, through which she has picked up communication, negotiation, mediation and engagement skills.

**30 OCT
2022
11 AM**



ANIKA NAWAR

Anika Nawar works as a Consultant for EY. She specialises in human resources consulting with a keen interest in strategic communications and change management. Within her professional and personal life, she is fascinated by human behavior and what makes people tick. She completed her studies at the Australian National University and holds a Bachelor in Policy Studies and Business Administration. She is a keen advocate of CALD women's issues.

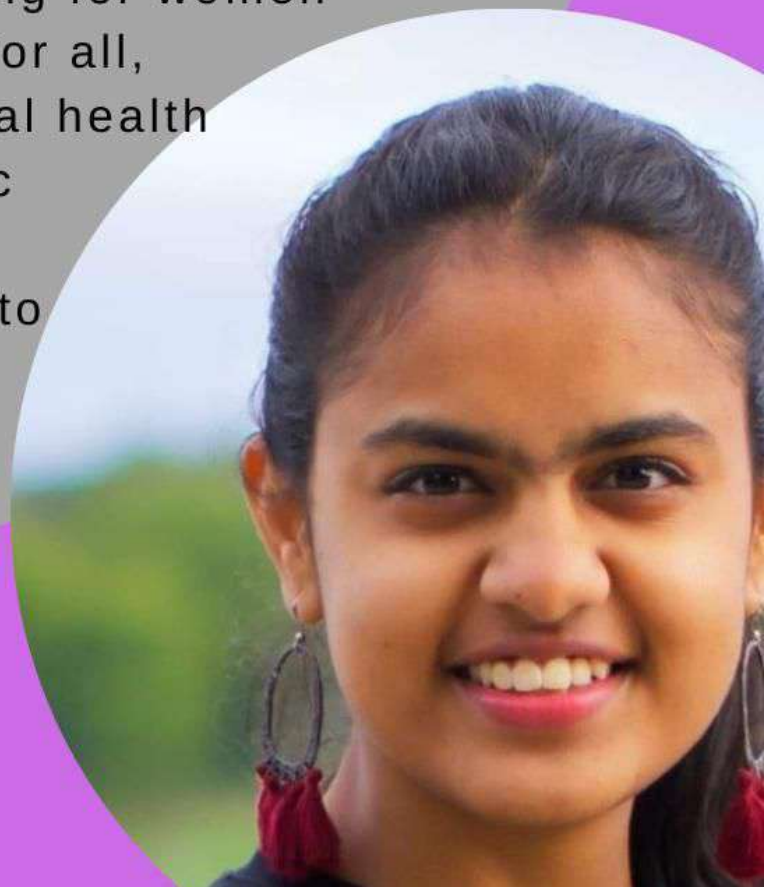
30 OCT
2022
11 AM



ANANYA BANERJEE

Ananya, 19, is a student at Australian National University studying Bachelor of Psychology and is Chancellor's Meritorious Scholarship holder. She is a social activist. Director of NGO Sarthi. Co-founder of Sushiksha, a free mobile school for rural underprivileged kids in India. She is working for women empowerment, education for all, mental health and menstrual health awareness. She is a public speaker, a poet and a mandala artist. She loves to break stereotypes and is a girl with melanin pride.

30 OCT
2022
11 AM



JAVERIA AAMER

Javeria Aamer is a year 12 Canberra Girls Grammar student who's on a mission to break down the stereotypes of mental health to help our community, especially the younger generations.

30 OCT
2022
11 AM



SIDRATUL MUNTAHA SIDDIQUE

Sidratul Muntaha Siddique is a year 10 student at Canberra Girls Grammar School. She is currently working on a community project named “Unspoken Identity “to help create a community where people growing up with more than one culture can feel a sense of belonging.



30 OCT
2022
11 AM



**ALICIA LOUISE
LILLINGTON**
**CO-CHAIR, ANU
WOMEN ALUMNI NETWORK**

FACILITATOR, MUN
DEBATE, 30 OCT 22

Alicia Louise Lillington is an acclaimed technology, culture and change management leader who delivers professional speeches empowering individuals to achieve success in their own way.

As a young female executive in the technology industry, Alicia empowers others to embrace change where culture meets technology.

She is recognised as an intellectual and cultural leader, with experience building a vibrant and extended community of allies, supporters and champions.

Based in Canberra, Australia, Alicia works as a Change and Communications Lead on high-profile projects across the Australian Public Service. She has delivered speeches to 40 agencies across the Commonwealth and all ministerial offices, having even received a letter from former Australian Prime Minister John Howard for exceptional service delivery.

REGISTER TODAY

OUR CHILDREN, OUR FUTURE MASTER PANEL DISCUSSION



Dr Yvonne Luxford
Facilitator
President, MHCC ACT
CEO Perinatal Well-being Center



Emma Davidson MLA
ACT Minister for
Mental Health



Gina Zheng
MIEACT Secretary



Zakia Patel
Regional director
Multicultural hub



Zainab Farouq
Government executive &
Multicultural advocate



Ray Mardia
Leadership coach, lawyer
& human rights activist

REGISTER NOW

<https://www.trybooking.com/CCTSB>

30 Oct 2022

Starts 11 am

The Theo Notaras

DR YVONNE LUXFORD

Dr. Yvonne Luxford has been involved in the health sector in Australia and internationally for more years than she cares to admit.

Currently, she is proud to be President of the Mental Health Community Coalition ACT and CEO of Perinatal Wellbeing Centre, which many of you may know as PANDSI. Perinatal Wellbeing Centre is an accredited mental health service that provides care and support for parents from pregnancy through to their youngest child turning two. A highlight of all of her roles has been working with culturally and linguistically diverse communities to help improve health outcomes for everyone.



EMMA DAVIDSON MLA

Emma Davidson is the ACT's Minister for Disability, Minister for Justice Health, Minister for Mental Health, Assistant Minister for Families and Community Services and Member for Murrumbidgee. She holds one of the six Greens seats in the 10th Legislative Assembly. Emma is a former Woden Valley Community Council committee member and former Secretary at Pearce Community Centre. She was the former Convenor, and is now a member, at the Women's Electoral Lobby. Emma has spoken at TEDxCanberra and TEDxAdelaide about the importance of listening to marginalised women, and at the Now Hear This storytelling night about the diversity of the Canberra community. Emma has worked in social research and advocacy at the Women's Centre for Health Matters and at Equality Rights Alliance, managed online communications for the Australian Medical Association, was Director of Information Management at Navy, worked in private sector software development, owned and managed a small retail business, and worked at Centrelink .



GINA ZHENG

Gina is passionate about the role that storytelling can play in empowering individual mental health and is committed to ensuring that every voice is heard.

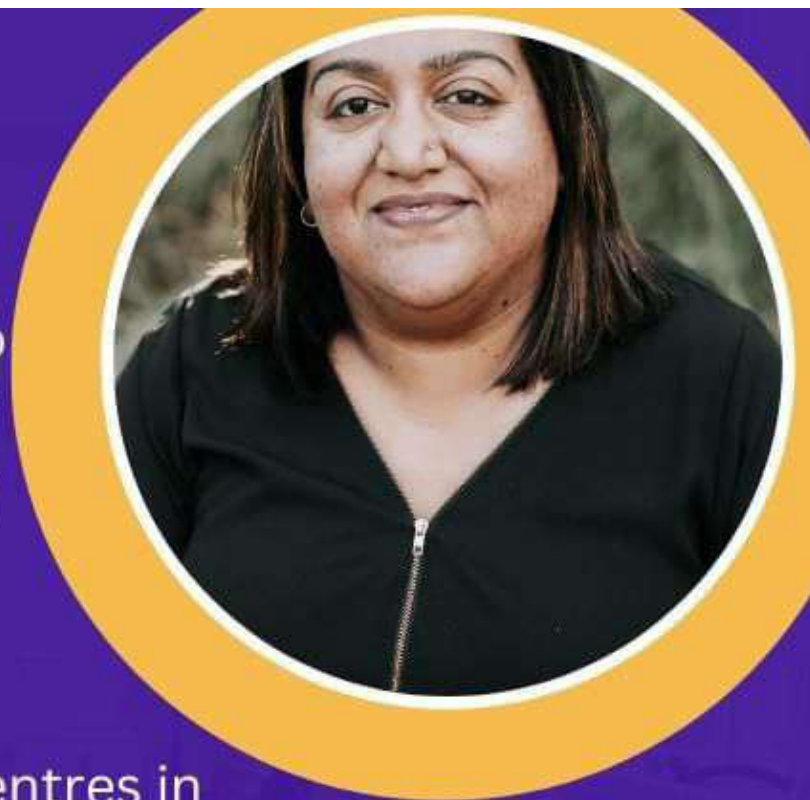
Gina is a Board member and Company Secretary of Mental Illness Education ACT, Canberra's leading mental health education provider.

Gina previously worked as a human-centered and co-design consultant in ensuring lived experiences and storytelling-informed policy and program design. Gina enjoys trail running and being outdoors as part of her self-care routine.



ZAKIA PATEL

Zakia Patel is a community leader with a passion for using her skills to support marginalised communities with a particular passion for young people. Zakia is the Regional Managing Director of the Multicultural Hub Canberra, with responsibilities for Multicultural Centres in Canberra, Queanbeyan, Goulburn, Bega and Cooma.

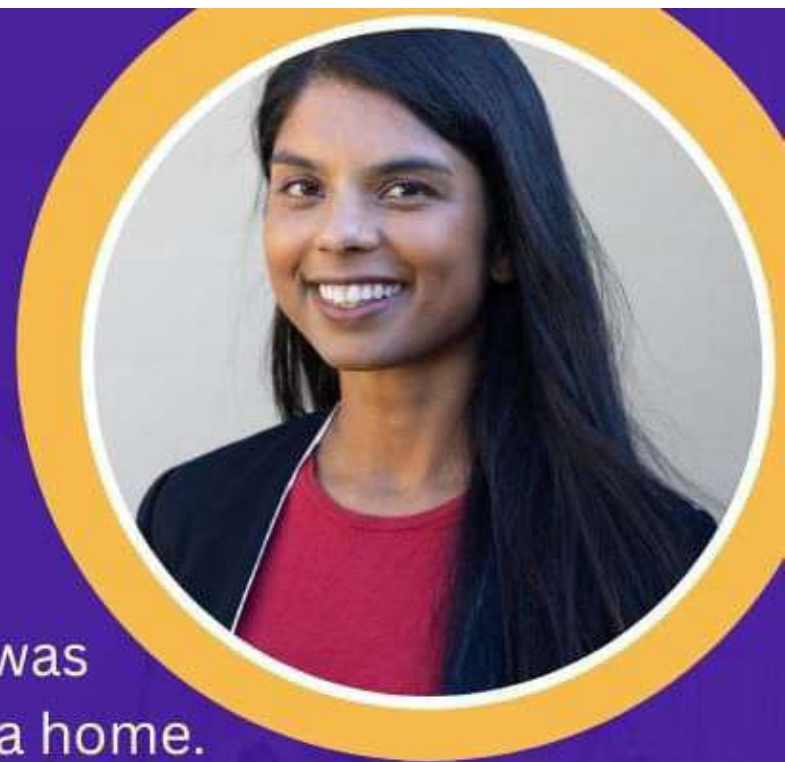


Zakia has over a decade of experience working in the community sector, and holds a Bachelor of Law/Economics. Zakia has been a volunteer with the NSW State Emergency Service (SES) for almost 14 years and is the Unit Commander for the Queanbeyan SES Unit with over 100 volunteers. Zakia is passionate about encouraging and empowering migrant women to volunteer in a predominately male dominated industry.

ZAINAB FAROUQ

Zainab, was born in Sri Lanka and migrated to New Zealand with her family when she was two years old. Zainab then went on to migrate to Australia with her family when she was 20 years old and now calls Canberra home.

Zainab studied Law and Commerce at the Australian National University, and now works in the Australian Public Service in the area of Trade and Investment.



RAY MARDIA

Ms Ray Mardia is a lawyer and leadership advisor who graduated from ANU with first-class Honours. After practising law for several years, she now runs her own advisory and mentoring business with leaders and CEOs around the globe, across several industries – including finance, healthcare, education, IT and recruitment. One of Ray's current clients is the NSW coordinator of Create Foundation, the national body representing the voices of children and young people with an out of home experience. She previously worked at Legal Aid's Youth Law Centre, with young clients aged 12-25. She continued to serve students at the Australian National University as a lawyer. Ray is highly experienced in children's issues across the sector, ranging from youth mental health, to financial and family conflict, plus educational, institutional and cultural challenges that young people face.



On a personal level, Ms. Mardia moved to Australia when she was 8 years old from Bangladesh. As such, she has navigated many of the questions: cross-cultural identity, the challenges and opportunities of being an immigrant, the evolving relationship with our heritage and ways to create both positive relationships with family and a strong sense of self.



Tara Cheyne MLA

Minister for Multicultural
Affairs

Tara Cheyne is the Labor member for Ginninderra (covering most of Belconnen) in the ACT Legislative Assembly. Tara was first elected to the Assembly in October 2016 aged 29. Following her re-election to the Assembly in October 2020, Tara was appointed to Cabinet as Minister for the Arts, Minister for Business and Better Regulation, Minister for Human Rights, Minister for Multicultural Affairs and Assistant Minister for Economic Development. Before entering the Assembly, Tara worked in the Commonwealth public service and was active in her local community, including serving on the Belconnen Arts Centre board and as Chair of the Belconnen Community Council.

Inauguration Speech at
**"Our Children, Our Future" event on
30th October 11 am**



Hangama Obaidullah

Hangama came to Australia from Afghanistan as a refugee in August 2003. At that time she spoke no English, but she began her English language studies and progressed rapidly. She enrolled as a mature age student at St Mary's Senior High School, Sydney, NSW, graduating with her Higher School Certificate in 2009. She received an Award for Excellence, Major Works, and a Commendation Award for her HSC body of artwork. Hangama has since developed her arts practice in painting, drawing, photography and writing. She moved to Canberra in 2010. Hangama has exhibited in a variety of public venues in Canberra, other Australian cities and internationally and she has worked actively as an advocate. Hangama's artwork draws on her Afghan heritage, her homeland and its history. Her goal is to assist other women and children from culturally and linguistically diverse backgrounds, through visual arts practicing and writing.

Hangama's poems will describe her journey to Australia as a refugee and what it meant to her son.



Go Equal is an Australia-based consulting firm that is committed to achieving gender equality globally. Go Equal hosts a panel of gender experts and strives to support the Government Departments, NGOs, and the community sector achieving positive gender equity outcomes. Go Equal deeply believes in gender inclusion and diversity and practises them in their work. They collaborate with other organisations and individuals to innovate their approaches and methods to tackle the real-life gender issues in a changing world. They help empower and enable women to bring real changes in their lives and the community. They do all of this by engaging with feminist principles that are intersectional, inclusive and transformative.

Initiatives for Women in Need Inc (IWIN) is a Canberra (ACT) based volunteer led organisation, established in April 2013 to support and advocate for women and children, who are coming from socially and economically disadvantaged backgrounds, and families experiencing domestic violence and discrimination at home and at work, in addition to cultural and legal barriers. IWIN aims to educate, empower and enrich the lives of these women and children in the ACT region and nationally through community awareness events, workshops, public consultations, e-newsletters and policy advocacy. IWIN has been the WINNER of the 2021 ACT Community Organisation (Multicultural Champion) Award for its impactful advocacy work on domestic violence issues.