



the mooditj marmun book

*services for
Aboriginal
men*



Ver 1



CAUTION! This book contains images and names of people who have died.

MAN - healthier directions for males.

Welcome to the first edition of The Mooditj Marmun Book - a resource booklet for Aboriginal men.

Did you know that in Australia each hour 5 men die from conditions that are potentially preventable? In 2008 more than 48 000 Australian men succumbed to diseases which may have been prevented by a trip to their GP. Aboriginal men make up a disproportionate percentage of these statistics. The reasons for that are complex and widely understood in the Aboriginal community. The health status of Aboriginal men is complicated by the fact that ALL men are more likely than women to shy away from medical services or treatment of any kind. That is a simple truth we can all do something about.

MAN is a not-for-profit health promotion organisation for male health and wellbeing in Western Australia; we have been active for over 13 years and are based in East Perth.

MAN works with providers, business groups and individuals to improve the health and wellbeing of all males, at work, at home and at play. We would love you to join with us in some way by subscribing to our newsletter; becoming a member; spreading the word, or just doing your bit to be a healthy and happy male in our community.

Growing into a Man is not an easy journey, it requires a lot of support, wisdom, guidance and some older/wiser men who can provide that.

This booklet could be the start of that search.



About the mooditj marmun book.

The Mooditj Marmun Book is produced by MAN with funding provided by the Western Australian Department of Health - Aboriginal Health.

Every effort has been made to provide information which is accurate and has potential to genuinely serve Aboriginal men who access them. We have also made every effort to make the book culturally appropriate.

MAN is an incorporated not-for-profit association serving as the peak body for males' health and wellbeing in WA. Visit **www.man.org.au**

If you believe that we have omitted an important item or if you would like to be included in the next edition please contact MAN on 08 9218 8044 or **admin@man.org.au**

An online version of this booklet can be found at **www.man.org.au**

Supported by



Government of **Western Australia**
Department of **Health**
Aboriginal Health



Mooditj Marmun

As Aboriginal men, every one of us is a vital part of ***the oldest living culture on earth.***

So it is important we do all we can to heal and look after our spirit, our body, our family, our community and our culture. This book puts us in touch with people and organisations that might be able to support us to be as ***mooditj*** as we can be.

This book presents services available to Aboriginal men in the south west of WA from Geraldton to Esperance.

The area does not follow the traditional boundaries of Noongar country. We acknowledge the Noongar people, past and present, traditional owners of much of this land. We also acknowledge the Yamatji people in the northern part of this service region. We acknowledge that there are many men from other Aboriginal and Torres Strait Islander cultures living in this country also.

We invite all men to support each other in health and healing, and to encourage discussion about the critical importance of Aboriginal men's health and wellbeing to all cultures.



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CAUTION! 1300 and 1800 phone numbers are NOT free or set price when calling from a mobile.

start where you are

my value

I find meaning in what I do and seek ways to give my unique gifts in the world

my spirit

I do things to strengthen my spirit and leave alone those things that weaken it

my culture

I embrace my family, my community, my culture and my country

mooditj marmun

use what you have

do what you can

my body

*I have regular health check-ups and do what my body needs.
I feel good when I eat right and exercise*

my order

I am organised. I have my home, my money and all my business sorted

breathe deeply

Boy Thinking

I do things to be seen
I want it all for me
Power is for my benefit
I am the centre of the universe
I think I am immortal
I am not concerned with the
consequences of my actions
I want a mother/father

Man Thinking

I do things that I believe in
I share with my community
Power is for the good of all
I am just part of the universe
I know I am mortal
I am taking responsibility for
my actions
I want a relationship with
a partner

The shift from boy to man psychology is not one that occurs naturally. Traditionally the elders from a community make sure the shift happens, otherwise there is a risk that a boy will just grow into a man's body. If you are a man who knows he has not made these shifts fully, you are not alone. Many men from many of today's cultures find themselves struggling to achieve a mature masculinity. Talk to good friends, join a men's group, or talk to a counsellor.

Featured Men

The men featured in this book are all leaders in some special way. But each one of us leads. We do it every time we face our challenges ... and keep going.

There are many, many Aboriginal men who deserve to be included here and we would all have benefitted from their wisdoms. But time and space dictated to the team bringing this book together and we are grateful to those men who were contactable and willing to contribute.

CAUTION!

This book contains images and names of people who have died.

1300 and 1800 phone numbers are NOT free or set price when calling from a mobile.

A silhouette of a warrior, likely Yagan, is shown from the back, holding a spear. The background is a textured, warm-toned surface in shades of orange and red. The warrior's figure is dark and detailed, showing musculature and traditional attire.

Mooditj Marmun Yagan

Yagan (c.1795 - 1833). One of Australia's most famous Aboriginal warriors and a cultural hero to Noongar people. At the time of early settlement he was killed for a 'dead or alive' bounty the government of the day had placed upon him. A statue of him stands at Heirisson Island in acknowledgment of past cruel and unjust treatment of Aboriginal people.

Throughout history the warrior has battled to protect the women, the children and food sources to secure his own preservation, and that of his family and blood ties. Today's warrior also has to successfully face the battles within his own heart and mind. All men can do better at this by: learning to be more open about ourselves and more honest about where we really are at; asking for help when we need it; and being open to the healing forces around us.



Mooditj Marmun **Robert Riley**

Robert Riley (1954 - 1996) Stolen Generation. Visionary and activist, he advised governments, advocated for, established and ran many organisations vital to the emergence of a healthy and empowered contemporary Aboriginal culture. Posthumously awarded the Human Rights Medal in 1996.

Robert Riley image
© West Australian Newspapers

CRISIS

Police, Fire, Ambulance 000
Immediate assistance (24 hrs)
From mobile (no credit or network cover) 112

Lifeline (24hrs) 13 11 14
Support and referral; call if you're feeling sad/lonely
www.lifeline.org.au

Crisis Care (24hrs) 9223 1111
or 1800 199 008
Information and counselling service for people in crisis
www.health.wa.gov.au

beyondblue (24hrs) 1300 22 4636
Yarn with the support service and learn about depression and anxiety
www.beyondblue.org

Suicide Call Back Service 1300 659 467
(24hrs)
Telephone support service, expert counsellors, provide 6 counselling sessions

Homeless Advisory Service 1800 065 892

Mental Health Emergency Response Line 1300 555 78
Peel 1800 676 822
Rurallink 1800 552 002
After - hours mental health emergency services

Family Drug Support 1300 368 186

Victim Support Service 9425 2850
1800 818 988

Offers confidential counselling and support services to victims of crime provided by professional counsellors and trained volunteers.
Email vss@justice.wa.gov.au

The Samaritans
Non judgemental, non - religious emotional support for anyone who is feeling down, desperate or even considering taking their own life
www.samaritanscrisisline.org.au

Suicide Support
Telephone Listening Service (7 days)
Crisis Line (24hrs) 13 52 47
Youth Line Youth WA (7 days) 1800 198 313

Kids Helpline Lifeline (24hrs) **1800 551 800**

We care and we listen, anytime and for any reason. Aged 5 - 25
www.kidshelp.com.au

Parenting WA Line 24/7 **6279 1200**

Freecall **1800 654 432**
Email: parentingw@dlgc.wa.gov.au
Info & support for parents and carers with children 0 - 18
www.dlgc.wa.gov.au

Family Help Line (24hrs) **9223 1100**

Country callers **1800 643 000**
Telephone counselling and information for families

Men's Domestic Violence Line (24hrs)

Freecall **9223 1199**
1800 000 599
Telephone information, referral and counselling service for men to help them change violent behaviour towards partners
www.dcp.wa.gov.au

Salvo Care Line (24 hrs) **1300 36 36 22**

Call during times of crisis, loneliness, depression www.salvos.org.au

Mensline **1300 78 99 78**

Telephone and online support, information helps men to deal with relationship problems
www.mensline.org.au

Sexual Assault Resource Centre

SARC (24hrs) **9340 1828**
1800 199 888

Freecall
Emergency sexual assault (rape crisis) service
www.kemh.health.wa.gov.au/services/sarc

Gambling Helpline **1800 858 858****CentreCare Men's Helpline** **1800 000 599**

or **9223 1199**
This service offers counselling, crisis response and referral
www.centrecare.com.au

Perth Home Care Services **9204 7801**

Crisis Respite Support
Short term emergency assistance for primary carers of people who are frail aged or have disabilities or mental illness

Translating and Telephone Interpreting Service (TIS National) **13 14 50****Kimberley Interpreting Services** **9192 3981**

Telephone interpreter service for people from the Kimberly who don't speak English
www.kimberleyinterpreting.org.au

Mooditj Marmun

Eugene Eades



“Time is up. Time to draw a line in the sand. We need a new generation of leaders who will embrace the Noongar way and learn from the elders. We already have all the answers.”

Eugene Eades

Eugene was a professional sportsman for 17 years and has successfully trained and mentored many young men. He now works on programs which reconnect Aboriginal people with Noongar culture and country. (See *Nowanup* p31)

Mooditj Marmun

Jonathon Ford

“ **Look after yourself. Get a health check every year so you can be around to look after your family and your community.** ”

Jonathon Ford

Aged 30, Jonathon founded and now manages Moorditj Koort; the Aboriginal Health Centre in Kwinana. He energetically helps his community wherever he can; including coaching youth and through his music. His favourite saying from Gandhi “Be the change that you wish to see in the world” is the code he tries to live by.



Be proud of our culture. It's the oldest living culture on earth.

my body getting healthy

Emergency

Poisons Information Centre	13 11 26
Healthdirect	1800 022 222
WA Office	9427 9900
24 hour health advice phone service	
www.healthdirect.org.au	
Department of Health WA	9222 4222
or 1800 022 222	

For medical advice, after-hours GPs, Consumer Health Services Directory www.health.wa.gov.au

Health/Medical Services

Health Consumers Council of WA	
Aboriginal Advocacy Program	9221 3422
Freecall	Country callers 1800 620 780
Perth metro and regional - Call if you are unhappy with the treatment you have received from a health service	
www.hconc.org.au	

Australian Indigenous Health Infonet	
Mount Lawley	
Provides free web resource on indigenous health. Info on social, emotional, substance use, nutrition, cardiovascular disease and ear health	
www.healthinfonet.ecu.edu.au	

Derbarl Yerrigan Health Service

All Perth Metro	
East Perth	9421 3888
156 Wittenoom St	
Midland	9374 1400
6 Centennial Pl	
Mirrabooka	9344 0444 22
Chesterfield Rd	
Maddington	9452 5333
Unit 103 Lot 5 Binley Pl	
An Aboriginal organisation delivering a wide range of health services, staffed by a range of health professionals including Aboriginal Health Workers. General health child and maternity, chronic diseases, dental health, environmental health, ear health, retinal eye screening, physiotherapy, podiatry, transport, stolen generation services	
www.derbarlyerrigan.com.au	

Marmun Pit Stop Program	9421 3888
Putting men's health over the pits! A health and well being program customised for Aboriginal men run through Derbarl Yerrigan Health Service, East Perth	
www.dyhs.org.au	

Elisabeth Hansen	9370 1044
Autumn Centre	
Serves people from across state. Perth based. Residential hostel facility 24 hour, 7 days. Provides culturally secure services for people requiring renal dialysis.	
40 Guildford Rd Bayswater	

Medicare Locals

Go to website and select 'Medicare Locals Map Locator'. GP after-hours, eHealth, mental health, immunisation, access to allied health, Aboriginal health, chronic disease management

www.medicarelocals.gov.au

Fremantle	
Fremantle Streetdoctor	9319 0555
www.fremantlemedicarelocal.com.au	
North Perth Metro	9201 0044
Stop smoking program	
www.pnml.com.au	
Perth South Coastal	9439 9500
Diabetes education, Aboriginal specific stop-smoking program & maternity program	
www.pscml.com.au	
Perth Central & East Metro	9376 9200
Suicide prevention, homeless outreach	
www.pcemml.org.au	
South West WA	9842 9322
Chronic pain management program	
www.sw-medicarelocal.com.au	
Bentley Armadale	9458 0505
Wide range of Aboriginal programs; incl Wangen Murduin Aboriginal Health Information Service; see website	
www.baml.com.au	
South Metropolitan Health Service (SMHS)	9318 7500
Fremantle	
South Metro Region - Health clinics, programs and men's camps	
www.southmetropolitan.health.wa.gov.au	

North Metropolitan Health Service
9346 3496

Delivers health care services to the North Metro,
Perth www.nmahs.health.wa.gov.au

Aboriginal Health Liaison Program
Assist both inpatients and outpatient specialist
follow-up

Aboriginal Men's Pitstop
Health check-up for Aboriginal men

Men's Groups

Wembley
Creating Men's groups

Jacaranda Community Centre
Belmont 9477 4346
Diabetes program, Indigenous Health programs,
Men's program
www.jacarandacommunitycentre.org.au

Moorditj Djena
North 9406 7702
South 9495 8300

17 Clinics throughout Perth Metro Perth Metro
Podiatry and diabetes services. Includes education
and assessments and help with the cost if you
need special shoes

Aboriginal Specific Streetdoctor

Karnany Aboriginal Centre
25 Spring Park Rd Midland
Tuesday 9.30am - 1.15pm
2 Colstoun Rd Ashfield (opposite the shops)
Wednesday & Friday 9.30am - 3pm

Streetdoctor 9376 9200
Call the clinical co-ordinator or look on website for
full details of Streetdoctor locations and times
www.pcemml.org.au/streetdoctor

Aboriginal Hostels Ltd 9349 2548
Perth, Midland, Fremantle, Kalgoorlie,
Coolgardie, Esperance
Provides safe and affordable living for Aboriginal
Australians who must live away from home to
access health services www.ahl.gov.au

**Moorditj Koort Aboriginal Health
and Wellness Centre.** 9439 9540
Supports the health and wellness of Aboriginal
people in the Rockingham/Kwinana area.
Services offered include: diabetes podiatry service,
counselling, asthma educator, nutrition/diet,
smoking reduction, chronic disease management,
outreach and transport.
150 Gilmore Ave Kwinana
www.pscml.com.au/programs/aboriginal

**Nidjalla Waangan Mia
Health Centre** 9586 4580
Mandurah
Supports the health and wellness of Aboriginal
people in the Mandurah, Pinjarra, Waroona, North
Dandalup and Boddington regions. Provides the
services of doctors, nurses and dentists. Diabetes
care, maternity care, mental health support and
medical specialists. Transport for clients. Our focus
is on treating the whole person and encourage
community feedback and engagement to ensure
we provide culturally appropriate care

Regional Services

**South West Aboriginal Medical Service
(SWAMS)**

A Nyoongar Organisation, delivering culturally
appropriate holistic health services
www.swams.com.au

SWAMS Bunbury Clinic: 9726 6000
Freecall 1800 779 000

Medical services/GP practice: bulk billing, by
appointment or walk-in, cancer and diabetes
early detection programs, immunisation,
home-visits

SWAMS Outreach Clinics

Tuesdays 1 Ridley St Brunswick
Wednesdays 154 Forrest St Collie
Thursdays Unit 9/30 - 3 Rose St Manjimup

**Geraldton Regional Aboriginal Medical
Service** 9566 6555

Specialise in Aboriginal health, bulk bill.
60 Riflerange Rd Rangeway Geraldton

GP Down South:

Local Health. Our Business.

The provision of health services in the Peel and
South West regions of Western Australia
Peel 9581 3352
30 Manilya Parkway Mandurah East
Southwest 9754 3662
Unit 3/69 Duchess St Busselton

my body getting healthy

Regional Services cont.

Population Health

Esperance 9071 0400

An Aboriginal Liaison Officer - full time, provides services in Esperance

Down South Aboriginal Health (DSAH)

Home visits, assistance with specialist appointments and chronic disease, quit smoking groups, travel assistance, attend appointments with you

Collie 9734 3581

Hospital Deakin St

Harvey (available 2 days only) 0438 381 994
Unit 5/5 Hayward St

Manjimup 9771 2260

Unit 7 & 8/32 Rose St

Busselton 9754 3662

3/69 Duchess St

Peel Mobile Health Service 9581 3352
or 0417 320 396

Peel - Pinjarra, Waroona, Dwellingup, Boddington. Van travels around providing health services, including doctor, diabetic educator, counselling and health promotion

Great Southern Aboriginal Health Service

Albany 9892 7222

Katanning 9821 6317

Health check-up for Aboriginal and Torres Strait Islander men

Patient Assisted Travel Scheme (PATS)

Wheatbelt 1800 728 792

Esperance 9071 0801

Freecall Southwest 1800 823 131

Midwest 9956 2216

Great Southern 1800 728 747

Peel 9586 4413

Provides a subsidy towards the cost of travel and accommodation for eligible patients travelling long distances to seek certain categories of specialist medical services

WA Country Health Service

Contact point for all the regional hospitals within each particular country regions

Metro Admin Office 9223 8500

Toll-free 1800 629 028

Wheatbelt 9621 0700

Region including Northam, Moora, Merredin, Narrogin, Southern Cross and York.

SW Health 9781 2350

Region including Yarloop, Augusta, Warpole

Great Southern 9892 2672

Region includes Albany, Denmark, Katanning and Mount Barker

Specialist Medical Conditions/Information

Diabetes WA

Perth Metro www.diabeteswa.com.au

Diabetes Information and Advice Line

(DIAL) 9325 7699
or 1300 136 588

Yarn - Up About Diabetes

Aboriginal Health team presents education sessions to groups

Cancer Council of WA 13 11 20

Delivers a range of services and programs in cancer prevention, early detection, and patient and carer support across WA

www.cancerwa.asn.au

AIDS - Line 9482 0044

Information and referral line

WA AIDS Council 9482 0000

Information and education on prevention and treatment of HIV/AIDS and other STI's

www.waids.com

M Clinic 9227 0734

HIV and STI testing clinic for men who have sex with men

www.mclinic.org.au

Safe Sex No Regrets 9482 0000

Safer sex, condom use and STI transmission, treatment and prevention

www.safesexnoregrets.com.au

**Family Planning WA
Sexual Health Services** 9227 6177
www.fpwa.org.au

**Positive Aboriginal and Torres Strait
Islander Network**
*National body group for Indigenous people living
with HIV* [www.napwa.org.au/living-withhiv/
aboriginal-andtorres-strait-islanderpeople](http://www.napwa.org.au/living-withhiv/aboriginal-andtorres-strait-islanderpeople)

**Prostate Cancer
Foundation of Australia** 9381 7444
www.prostate.org.au

Bowel Cancer 02 9923 8269
www.bowelcanceraustralia.org/bca

Heart Foundation 1300 362 787
*Information on heart health, activity programs,
and healthy nutrition*

Aboriginal health program 9388 3343
Conducts workshops and face to face discussion
www.heartfoundation.org.au

Asthma Foundation WA 9289 2199
www.asthmawa.org.au

Cardiovascular Risk Calculator
www.cvdcheck.org.au

National Stroke Foundation 1800 787 653
www.strokefoundation.com.au

**Arthritis and Osteoporosis
Foundation WA** 9388 2199
www.arthritis.org.au

**Continence Advisory
Service of WA** 9386 9777
or 1800 814 925
*Advice and information on bladder and bowel
health* www.continencewa.org.au

Andrology Australia 1300 303 878
Men's reproductive health
www.andrologyaustralia.org.au

Impotence Australia 1800 800 614
www.impotenceaustralia.com.au

General

**Aboriginal Health
Department of Health** 9222 2478
*Ground Floor, C Block
189 Royal St East Perth WA 6004*
Aboriginal.Health@health.wa.gov.au

Community Health Centres and Services
Find your local community health centre
www.health.wa.gov.au

Government Dental Clinics
*Find Emergency or general dental treatment.
Subsidies depend on Centrelink*
www.dental.wa.gov.au

Medicare Local
Find your medicare local health centre
www.medicareforall.health.gov.au

HealthInsite HealthDirect 1800 022 222
Up-to-date and reliable health information
www.healthinsite.gov.au

**The Sexual Assault Resource Centre
(SARC)** 9340 1828
Freecall 1800 199 888
*Counselling for people who have experienced
sexual assault or sexual abuse as a child or any
unwanted sexual contact*

Lifestyle

**Department of Sport
and Recreation** 9492 9700
www.dsr.wa.gov.au

**Moorditj Koort Aboriginal Health
and Wellness Centre** 9439 9540
*Kwinana - Information on exercise, physical
activity, nutrition and diet*

Kuditj Café/Kitchen 9228 0614
*Perth's only Aboriginal owned, operated cafe;
serves emu, crocodile and kangaroo on their
menu*
201 Beaufort St Perth www.kuditj.com.au

Get On Track Challenge 9325 7699
*Team-based, outdoor activity and healthy eating
program*
www.getontrackwa.com.au

my body getting healthy

Lifestyle cont.

Federation of WA Bushwalkers

9384 5505
www.bushwalkingwa.org.au

FOODcents Healthy Eating Program

9388 4355
Tips for a healthy diet on a healthy budget
www.foodcentsprogram.com.au

Men's Resource Centre

9841 4777
Albany
Pitstop wellness checks
www.mensresourcecentre.org.au

Nutrition Australia

6201 0469
www.nutritionaustralia.org/wa

M5 Project Men's Preventative Health

Proactive and preventative men's health initiative
www.m5project.com.au

Measure Up

Offers healthy living and weight management strategies
www.measureup.gov.au

Sport

Nyoongar Sports Association 9249 5221

Malaga
Perth metro, SW, Wheatbelt and Great Southern
Designs and delivers culturally appropriate sports programs and projects. Can assist with sport and recreation program start ups
www.nyoongarsports.com.au

Fairgame

Provider of recycled sports equipment to communities, including indigenous communities.
Contact on committee@fairgamewa.org
www.fairgamewa.org

The Australian Council for Health, Physical Education and Recreation (ACHPER)

9383 7708
Information on programs and activities, as well as resources on maintaining a healthy lifestyle
www.achperwa.asn.au

Basketball

See Midnight Basketball and Ignite Basketball in youth section p52 & 53

Kidsport WA

9492 9700
Will pay up to \$200 per child toward fees for community sport and recreation, for low income earners. Ask your local council or contact Department of Sport and Recreation
www.concessions.wa.gov.au/Concessions/Pages

Moorditj Koort Aboriginal Health and Wellness Centre

9439 9540
Information on exercise, physical activity, nutrition and diet

Langford Aboriginal Association Inc. (LAA)

9451 1424
Beat It! Live longer
Indoor fitness activities with a Personal Trainer.
15 Imber Pl Langford
Tuesday and Saturday mornings

Creative Spirit

Traditional Aboriginal Games
Culturally respectful site: information about traditional Aboriginal sports; go to "Aboriginal Culture" and "Sport"
www.creativespirits.info

Department of Sport and Recreation WA

9492 9700
News, facilities, camps, workshops, lists of sporting organisations
www.dsr.wa.gov.au

Maali Colts

Dianella, Morley
Aussie rules football team welcoming Aboriginal and non Aboriginal players aged between 16 - 20 yrs
www.maalicolts.com

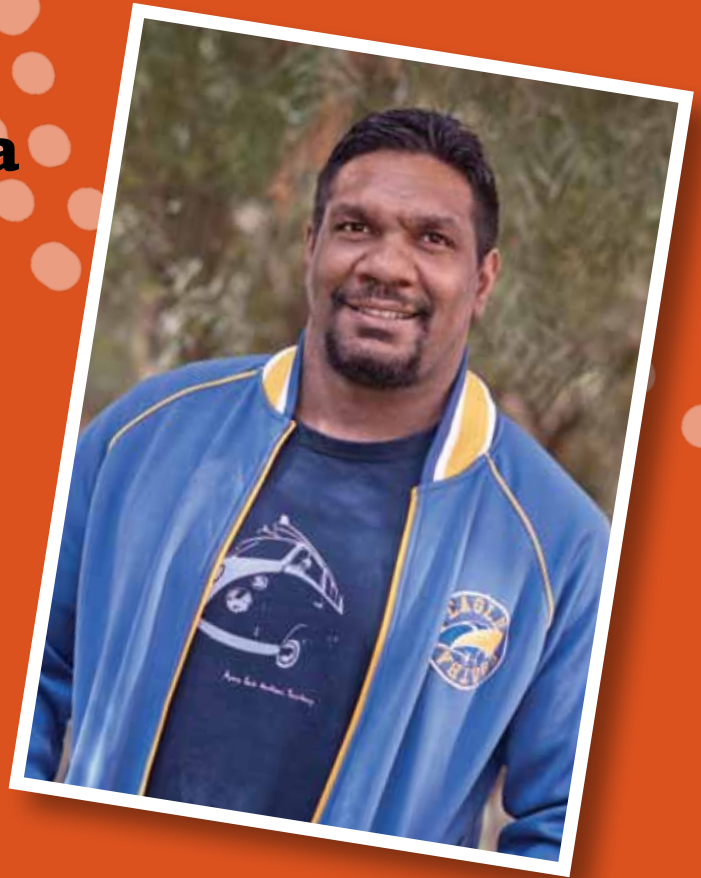
Mooditj Marmun

David Wirrpanda

“ It doesn’t matter what our family name, country or politics are, we are Aboriginal men first. If we support each other in our healing and play to our strengths, we can accomplish great things. ”

David Wirrpanda

Born in Victoria, David moved to Perth in the mid 90’s. He is fondly remembered for his stellar career with the West Coast Eagles (1996 - 2009) but today is better known for his work improving the lives of young Indigenous Australians through the David Wirrpanda Foundation, launched in 2005.



Be proud of our culture. It’s the oldest living culture on earth.

my spirit getting strong



Mooditj Marmun

Ezzard Flowers

“ The road is not always straight. The journey is not always smooth. But if we strengthen our spirit, it will lead us and guide us. ”

Ezzard Flowers

Ezzard has spent many years working in mental health for Noongar people including the Bringing Them Home program and domestic violence programs. He is currently the Community Development mentor for Wagyl Kaip Southern Noongar and the chairman of the Mungart Boodja Art Centre. He has been instrumental in arrangements for the return of the Carrolup paintings to Australia.

Be proud of our culture. It's the oldest living culture on earth.



Carrolup Paintings

The famous Carrolup children's artworks are finally returning to Australia. Created by Stolen Generations children in the 1940s, they are testament to the power and resilience of the spirit of Noongar peoples. Learn more: www.johncurtingallery.curtin.edu.au and www.tjyllyungoo.com.au

Above: Anonymous, On with the Dance c1949 (detail), The Herbert Mayer Collection of Carrolup Artwork, Curtin University Art Collection.

Mental Health

24 Hour Mental Health Helplines

Mental Health Emergency

Response Line 1300 555 788

Rural 24 hour 1800 552 002

Statewide - 24 hour telephone service if you, family member or friend are experiencing a mental health issue. Visiting service in Perth metro

Rurallink Psychiatric

Emergency Team 1800 552 002

Statewide

Freecall (for hearing impaired callers)

1800 720 101

Ruah Community Services

Ruah Inreach 9485 3939

Perth metro - If you are not feeling strong in spirit and mind, feeling shame, we can give you a helping hand to get your life back on track; helping you manage your house, money, family, health, and linking you in with community

www.ruah.com.au

Ruah Growing Strong, Staying Strong

Ask for Reg Henry 9485 3939

West Perth

Statewide - A short program which helps people stay strong; 3 sessions and 3 workbooks which guide people to explore their strengths, worries and to create a plan for moving forward

www.ruahmentalhealth.com.au/page/growingstrong_stayingstrong

Uniting Care West Aboriginal Family

Respite Service

9206 6209

or 0400 852 125

Northern Suburbs - Pampering sessions and a creche, offered to Aboriginal carers and families affected by emotional and mental distress.

2nd and last Tuesday of each month

9:30am - 2:30pm

Evangelical Church 4 Penrith Pl Balga

Yorgum Aboriginal Family Counselling

Services

9218 9477

East Perth

Perth Metro - Yorgum provides a nurturing, culturally safe team consisting of a psychologist and counsellors. Link Up, Stolen Generation Program & Building Solid Families Program. Also counselling for issues of sexual assault, crisis/trauma, grief and loss and Aboriginal identity counselling. Specialised cultural therapeutic practises

www.yorgum.com.au

Swan Emergency Accommodation

Karnary Centre

9274 7929

Midland and surrounding areas - Aboriginal Psychologist attends Tues mornings by referral from Street Doctor 9am - 1pm

Specialist Aboriginal Mental Health

Service

9235 2400

Greater Perth Metro

Offers a service to Aboriginal people who are marginalised, at risk and experience substance abuse and/or mental health issues, where accessing mainstream services may not be appropriate

my spirit getting strong

Mental Health cont.

Derbal Yerrigan Health Services 9421 3888
Perth metro East Perth, Midland, Mirrabooka, Maddington
See Physical Health for full contact details of all locations. Doctor referral for mental health worries
www.derbarlyerrigan.com.au

Australian Psychology Association 1800 333 497
Freecall
All of Australia
www.psychology.org.au/FindaPsychologist

Australian Indigenous Psychologists Association 03 8662 6675
Email aipa@psychology.org.au with a request for an Indigenous psychologist
www.indigenouslypsychology.com.au

Bunbury Pathways 9791 1799
9791 9875
Bunbury and surrounds - Counselling, educational mental health recovery programs incl "Wellways" (Aboriginal specific when available) peer support, share and care groups advocacy
www.bunburypathways.com

Mental Health Fellowship of WA (MIFWA)

Family Support Program 9250 2884
Midland
North metro - A family approach to assist families to rebuild relationships and link to local services
www.mifa.org.au

Lorikeet Centre 9381 9144
West Leederville
North Metro and Perth - Encouraging independent living skills and provide recreation activities
104 Cambridge St West Leederville
www.mifwa.org.au

Carer Program 9250 2884
Perth metro, Wheatbelt South West and Goldfields
For carers of a loved one with mental illness, ERBEAC 8 - 12 Stafford St Midland

Busselton/Dunsborough Mental Health Service 9754 0560
Busselton/Naturaliste District - Clinic based mental health services to adults and children and outreach
18 West St Busselton

Lamp Inc Services 9754 1834
Busselton, Bridgetown, Margaret River
Work with individuals with mental illness and their family; living skills, social groups, outreach, foodbank, op-shop
www.lampinc.org.au

South West Aboriginal Medical Service (SWAMS) 9726 6000

A Nyoongar organisation, delivering culturally appropriate holistic health services.
Unit 1/14 Rose St Bunbury
www.swams.com.au

Social and Emotional Wellbeing 9791 2779

Counselling for suicidal thinking & self harming behaviours
1 Teede St Bunbury

SWAMS Narrogin 9881 6497
Narrogin
Pingelly, Wagin, Caballing, Katanning - Culturally secure counselling, support and advocacy to Aboriginal people who have been impacted upon by Stolen Generation and/or family violence

Mental Health First Aid Aboriginal

Mental Health First Aid 9079 0200
Australia wide
A 14 hour course to assist you to help a member of the community in culturally appropriate ways if he/she is having a mental health problem
www.mhfa.com.au

Personal Helpers & Mentors Program (PHaMs)

Wheatbelt 9574 9800
Supporting people whose lives are severely affected by a mental illness. Regional Home Care Services

beyondblue 1300 22 4636
Australia wide
Yarn with the support service and learn about depression and anxiety www.beyondblue.org.au

Rise Network 6274 3700
Offering individual, practical support to people with mental health challenges to improve their well-being, connections and daily living.
www.risenetwork.com.au

Suicide - At Risk

Immediate Assistance (24 hrs)
Police, Fire, Ambulance. 000
From mobile 112
(if no credit or no network cover)

Mental Health Emergency Response Line 1300 555 788
Rural (24 hour) 1800 552 002

Rural Link Psychiatric Emergency Team 1800 552 002
Freecall (for hearing impaired callers)
1800 720 101

Lifeline (24hrs) 13 11 14
Support and referral; call if you're feeling sad/lonely and need someone to talk to
www.lifelinewa.org.au

One Life WA Suicide Prevention Strategy 9325 6644
www.mcsp.org.au

Crisis Care (24hrs) 9223 1111
or 1800 199 008
Information and counselling service for people in crisis needing urgent help www.health.wa.gov.au

Samaritans Crisis Line (24hrs) 9381 5555
or 1800 198 313
Non judgemental, non-religious emotional support for anyone who is feeling down, desperate or even considering taking their own life
www.samaritanscrisisline.org.au

Suicide Call Back Service
National (24hrs) 1300 659 467
Telephone and online support service, expert counsellors, call at a time that suits you, may provide 6 counselling sessions
www.suicidcallbackservice.org.au

Youth Focus Inc 6266 4333
Professional Youth and Family Counsellors provide no-cost support to 12 - 25 yr olds who are showing early signs associated with depression, suicide and self-harm www.youthfocus.com.au

Dumbarton Aboriginal Corporation - Nyoongar Cultural Resource Agency 9451 4977
Suicide awareness training program.
295 Manning Rd Waterford (Clontarf site)
www.dumbartungaboriginalcorporation.org

Suicide - Bereaved

ARBOR Grieving Aboriginal Way 9263 2150
or 9266 1029

Telephone counselling, all of WA. Home visits, all Perth Metro. We are here to walk alongside people who have lost loved ones to suicide. A culturally appropriate counsellor can spend time with community, offer short to medium term counselling, home visits, and link you to a Yarning Support Circle www.arborsupport.org.au

Grieflink www.grieflink.org.au

SOSBSA (Survivors of Suicide Bereavement Support Association) 1300 767 022
If no answer, call Suicide Callback Service 1300 659 467

For those who have lost loved ones to suicide. We know the shock and trauma of what you are going through and are here to let you know you can and will survive, even though you may not believe it at this time. There will be better days
www.sosbsa.org.au

Shadows of Suicide Support Group (SOS) 92284488
or 93815725

For people who have experienced the suicide of a relative or a close friend enabling them to express their feelings in a safe; supportive environment www.samaritanscrisisline.org.au



my spirit getting strong

Alcohol & Other Drugs 24 Hour Confidential Helplines

Alcohol and Drug Information Service

9442 5000

Country toll-free 1800198 024

Statewide - Call us if you are feeling down and out and having trouble with drugs and alcohol and need to talk to someone outside of the family. This is a confidential service that is staffed by professional experienced drug and alcohol counsellors

Parent Drug Information Service

9442 5050

Country toll-free 1800 653 203

Statewide - If your kids or grandkids are having trouble with drugs and alcohol, talk to a counsellor or another parent

Quitline

13 78 48

Statewide - Quitline counsellors are very experienced in helping people stop or reduce their smoking
www.quitnow.gov.au

Alcohol & Other Drugs

Aboriginal Alcohol and Drug Service

9221 1411

Perth metro - Holistic and culturally sensitive alcohol and drug counselling, family and domestic violence counselling, parenting and anger management programs, drug and alcohol withdrawal and rehabilitation programs.
211 Royal St East Perth www.aads.org.au

Drug and Alcohol Office

9370 0333

Statewide - Referral to alcohol and other drug counselling services, help for offenders, therapeutic groups, referral to rehabilitation and other treatment services in Perth, education and information for community groups and industry. Culturally secure services available
www.dao.health.wa.gov.au

Holyoake

9416 4444

Country toll-free 1800 447 172

Counselling & Support Victoria Park, Midland, Northam, Narrogin. Information, counselling, group work and support services for individuals and families affected by drugs www.holyoake.org.au

Drumbeat

Perth metro and Wheatbelt - A therapeutic program using rhythm, offered as an alternative to "talk based" therapies

South West Community

Drug Service Team

9721 9256

Busselton, Collie, Margaret River, Bridgetown Manjimup

Confidential and culturally secure individual and family counselling and support for people experiencing difficulty as a result of their own or others alcohol and/or other drug use. Community education and information sessions for schools, community groups and industry
109 Beach Rd Bunbury.

www.sjog.org.au/bunbury

Palmerston Association Inc

South Metro

9328 7355

Great Southern

9842 8008

Community based counselling services for individuals and families in Perth, Fremantle, Rockingham, Mandurah and the Great Southern and residential services in a semi-rural setting south of Perth; community education, art therapy and support for parents/families.

www.palmerston.org.au

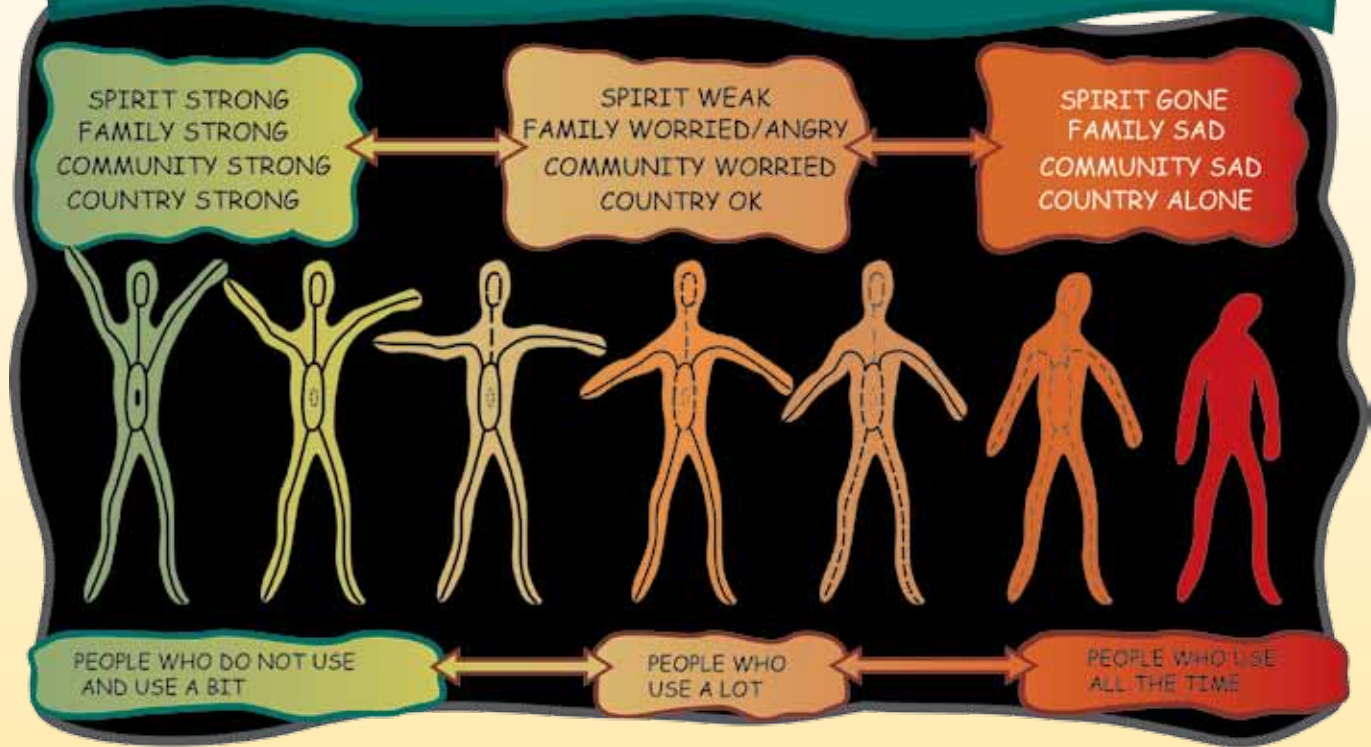
Cyrenian House

9328 9200

A rural bush setting, half hour north of Perth. Cyrenian house provides a high level of cultural safety; provides assistance for long-term emotional, physical and spiritual problems related to the use of drugs and alcohol

www.cyrenianhouse.com

Alcohol and other drugs can weaken your spirit and your connections with family, community and country





my spirit getting strong

Alcohol & Other Drugs cont.

Alcoholics Anonymous 9325 3566

or 1300 2222 22

Geraldton Help - Line 0402 226 655

St Andrews Anglican Church Hall
259 Barker Rd Subiaco Sat 7pm - 8:30pm

We welcome all our people; Noongars, Wongi, Yamatji, Martu and Kimberley mob into the fellowship, where you can find freedom in the spiritual journey of healing and a way of life free from alcohol

88 Bawden St Willeton Thurs 1:30am & 7pm
Men Into Action - A group for Aboriginal men

www.aaperthwa.org

Centrecare 9325 6644

Indigenous Substance Misuse Program 9083 2600

*Esperance and surrounds, Norseman
Specialised indigenous drug and alcohol counselling and support*

**Housing Support Worker
Drug and Alcohol** 9721 5177

Bunbury - and will visit surrounding towns

www.centrecare.com.au

West Australian Substance Users Association (WASUA)

West Perth 519 Murray Street 9321 2877

Bunbury 9791 6699

97 Spencer St (entry via Rose St)

*Outreach to Margaret River, Busselton,
Donnybrook, Collie, Manjimup, Harvey, Boyanup,
Dalyellup (call Bunbury office for details)*

*Provides support, education and advocacy to
people who use illicit substances; thus reducing
associated harms and hazards*

www.wasua.com.au

Midland PCYC 9274 1918

Part of the Federation of Police and
Community Youth Centres
Midland and surrounds - Supports youth and
families with youth programs, community sport
and recreation, food parcels, addressing of
substance use, referrals; from 7am Mon - Fri with
various closing times.

11 Byers Rd Midland

Contact midlandpcyc@wpcyc.com.au

Gambling

Gambling Help WA

Perth 9325 6644

South West 9721 5177

*Counselling and groups for people affected by
problem gambling, their partners and families;
providing support to talk about problems and to
learn new ways to manage*

Centrecare Problem Gambling

Helpline (24hr) 1800 622 112

Good Websites

Alcohol Think Again

www.alcoholthinkagain.com.au

Strong Spirit Strong Mind

www.drugaware.com.au/StrongSpiritStrongMind

Injury Control Council of WA

www.iccwa.org.au/wacan/tools-and-resources

My Violence

Relationships

Australia 1300 364 277

www.wa.relationships.com.au

Family Abuse Integrated Response (FAIR)

*Perth Metro - For those who have been violent/
abusive within the family; provides a respectful
place where men can develop new ways and
change their behaviour toward family*

Moorditj Yarning

Outreach Service

*Yarning about things worrying you is often healing;
we can give you some space to talk about what's
on your mind. Outreach available; so we can
come to you. Counselling and groups*

Mooditj Marmun

Shaun Nannup

“ If we want to see healing in our culture, our communities and families ... remember ... the healing always starts with you. ”

Shaun Nannup

Outspoken advocate for unity across boundaries and cultures. Shaun works for the Injury Control Council of WA with many communities including inside prisons. His work helps men understand the patterns of pain that overpower them and see that this is exactly the right place to look for answers, self-acceptance and empowerment.



Be proud of our culture. It's the oldest living culture on earth.

Rising Stars

Rising Stars is a new initiative that brings together a collection of Aboriginal Colts Players from the WAFL that are outside the State 16s and 18s sides. The program is expected to incorporate mentorship, high performance training and a couple of games alongside the regular season in future.

Front: Peter Farmer (Coach), Dylan Nelson, Karl Collard, Jeremy Woodley, Ian Garlett, Timmy Narrier, Trevor Dhu, Jyrin Woods, Warwick Wilson, Brad Collard (Coach) Paul Mugambwa (Team Manager)

Middle: Steven Jacobs (Coach), Noel Johnstone (Head Trainer), Trent Garlett, Anthony Champion, Matthew White, Antoine Garlett, Francis Watson, Stewart Egan, Peter Farmer, Jarrod Garlett, Ashley Eades, Jermaine Miller-Lewis, Morris Comeagain, Antoni Grover (Head Coach)

Back: Geoff Winmar (Trainer), Aiden Smith, Brandon Colbung, Carl Green, Lennon Marlin, Malcolm Anderson, Reggie Jones, Herman Humphries, Ben Haywood (Runner)







my spirit getting strong

My Violence cont.

Communicare Domestic Violence Support Services

www.communicare.org.au

Families Without Fear 9251 5777

For people who would like to improve how they interact with their partners and families where there has been violence. Includes group programs and individual counselling; internet/telephone counselling

Breathing Space 9439 5707

A live-in program for men who have been abusive to partner/family. 3 months accommodation, confidential groups and counselling to help change behaviour. 35 Kenton Way Calista

Breathing Space DV

Outreach 9439 5707

Statewide

A similar service to Breathing Space, but Outreach help is provided in own home, provides links into other services support change

Centrecare 9325 6644

www.centrecare.com.au

Men's Domestic Violence Helpline

9223 1199

1800 000 599

For men who are concerned about the effects of their behaviour on the people they love, work and spend time with. Counselling, crisis response and referrals

Family & Domestic Violence Services (Choosing Respect)

Perth 9325 6644

(Ring for referral to other areas). Perth, Joondalup, Mirrabooka, Bunbury, Esperance, Goldfields

Anglicare WA www.anglicarewa.org.au

Changing Tracks

East Perth Joondalup Albany

East Perth 9263 2050

Joondalup 9301 8550

Albany 9845 6666

For men to address family and domestic violence to ensure safety for their families

MensTime

East Perth 9263 2143

Joondalup 9301 8550

A program designed to assist, empower and educate men on a variety of issues, and develop their own self reliance.

Victim Support Service 9425 2850

1800 818 988

Email vss@justice.wa.gov.au

Offers confidential counselling and support services to victims of crime provided by professional counsellors and trained volunteers.

Barndimalgu Court 9921 3722

Specialised court for Aboriginal offenders of family and domestic violence in Geraldton. Cases are heard in private by a Magistrate and Aboriginal Community Court members.

Mensline 1300 789 978

National

Telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way www.mensline.org.au

South West Aboriginal

Medical Service 9726 6000

A Nyoongar Organisation, delivering culturally appropriate holistic health services, including Indigenous Family Safety Program.

Unit 1/1/4 Rose St Bunbury www.swams.com.au

“Young men begin to heal when their wounds are washed in the tears of old men.”

Akram Azimi (b: 1987 Afghanistan)
Young Australian of the Year 2013

Nowanup

Greening Australia WA secured the Nowanup property (130 km NE of Albany) in 2004 as part of the Gondwana Link program to re-connect the Stirling Range and Fitzgerald River national parks. Since then there has been an impressive range of programs, led by Noongar man Eugene Eades. Each year 2 - 3,000 people benefit from the mix of cultural, social, educational and rehabilitation work. There is a particular focus on supporting young Noongar people, through personal development and building connection to country.

Healing

Act Belong Commit 9266 3788
Links to activities www.actbelongcommit.org.au

**Bringing Them Home
Committee (WA) Inc** 9260 9800
East Perth
*Reconciliation organisation dedicated to meeting
the needs of the Stolen Generations. Monthly
meetings, call if interested in participating*
www.bringingthemhomewa.com/about





my spirit getting strong

Healing cont.

Red Dust Healing

Tom **0419 489 275**
Randal **0407 739 685**
Coffs Harbour

National, where possible. Written from an Indigenous perspective for Indigenous Men and their families: targeted at the heart and not the head, understands that grief and loss are the foundation of all hurt www.thereddust.com

Madjitil Moorna **0409 116 460**

Led by Aboriginal and Torres Strait Islander musicians, the choir sings in language and in English

Indigenous Communities Education & Awareness (ICEA)

Reconciliation inspired by young people, through harmony and mutual respect
www.iceafoundation.com.au

Injury Control Council of WA (Inc) (ICCWA) **9420 7212**

Healing through the Map
www.iccwa.org.au

Marumali

(To put back together) **07 4036 2374**
0447 767 275

Based on a unique model of healing developed by Aunty Lorraine Peeters, a survivor of the removal policies herself www.marumali.com.au

Dumbartung Aboriginal Corporation - Nyoongar

Cultural Resource Agency 9451 4977
Aboriginal Healing Program
295 Manning Rd Waterford (Clontarf site)
www.dumbartungaboriginalcorporation.org

Deaths In Custody Watch Committee

0415 074 602
0409 947 457
Monitors and works to ensure the effective implementation of the Royal Commission Into Aboriginal Deaths In Custody. Campaigns, Actions, Education, human rights advocacy, assistance with prison visits. Volunteers welcome.
27 Moore St East Perth
www.deathsincustody.org.au

Noongar Radio Perth

Office **9228 0606**
Studio **9228 2688**

Perth

Perth's Aboriginal radio, entertains and informs whilst promoting Noongar people, language, arts, music and culture. www.noongarradio.com

100.9fm

Radio MAMA

Geraldton **9964 7325**

Midwest Aboriginal Media Association Incorporated. Providing a community voice for Aboriginal people in the region

100.5fm

Did you know...

You could get help to pay for up to 10 sessions of counselling!

You might need counselling if you:

- are using drugs and alcohol
- have lost someone close to you
- are feeling very sad or worried
- if you are having a lot of trouble sleeping

Can I get help with paying for the counselling?

- You can get help under the 'Medicare Better Access' Initiative
- You need to have a Health Care Card or low income

- You need to be referred by a doctor (ask for a long appointment)

Please note:

- Ask for a long appointment with your doctor
- Not all doctors can refer to the scheme, so ask the receptionist if the doctor will be able to do a "Medicare Better Access" referral
- There may be a difference between how much Medicare will pay and how much the counsellor costs, so make sure its affordable, as prices of counsellors can vary a lot

my value getting involved

Mooditj Marmun

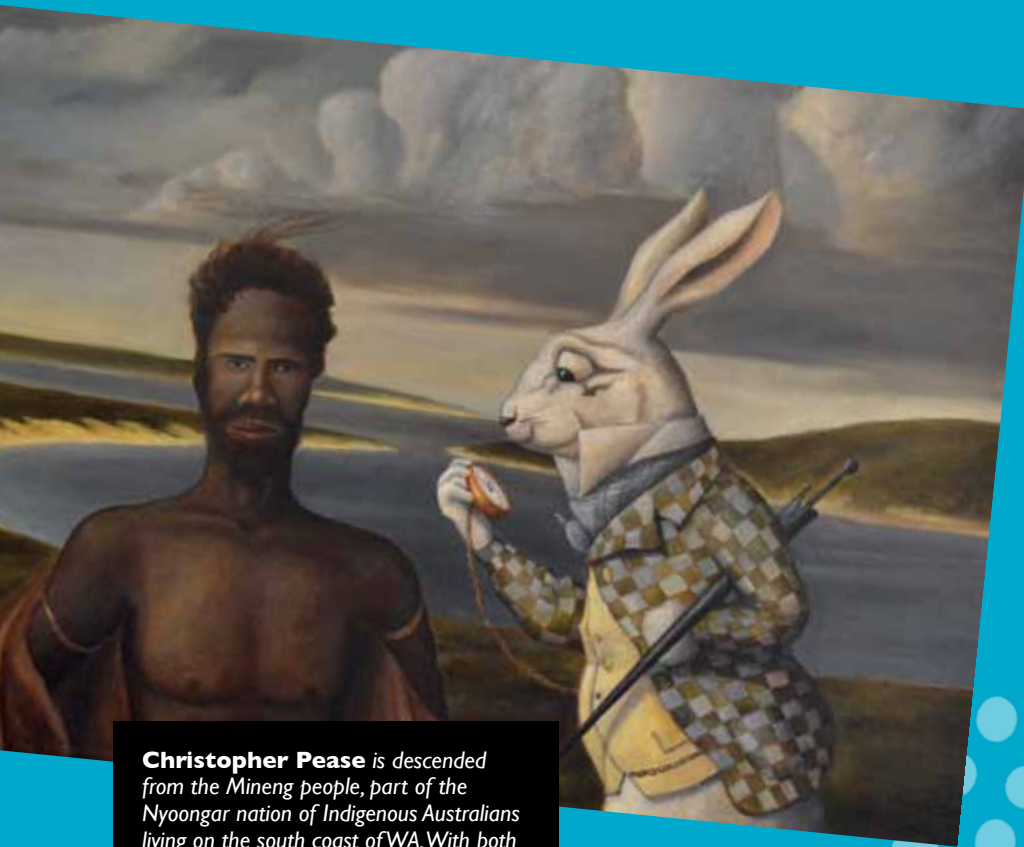
Chris Pease

Be proud of who you are and your heritage. Find out what you want to do with your life and go for it.

Chris Pease

Christopher Pease is a father, a surfer and an internationally acclaimed Aboriginal artist. His paintings are often about family and the colonial history of the south west. He has had exhibitions in several countries around the world and has work exhibited in the National Gallery of Australia.

Be proud of our culture. It's the oldest living culture on earth.



Christopher Pease is descended from the Mineng people, part of the Nyoongar nation of Indigenous Australians living on the south coast of WA. With both French and Aboriginal ancestry, Pease's mixed-race roots are reflected in his paintings, which incorporate Indigenous iconography with western styles to explore the tensions and contradictions that resulted from European colonisation.

Education

Marr Mooditj Training Inc 9351 9344
Freecall 1800 771 757

Educates Aboriginal people to deliver health care and community services in a culturally appropriate manner; maximise employability of students.

295 Manning Rd Waterford

www.marrmooditj.com.au

Abmusic 9458 9077

Abmusic's role is to create a positive environment that promotes teamwork, self-esteem and independent learning utilising all fields of music

www.abmusic.org.au

Noongar Wankaniny 6140 2380

Tuart Place Fremantle

Noongar language classes: Call to find out current classes

Indigenous Psychological Services 9362 2036

Community suicide intervention programs

www.indigenouspsychservices.com.au

Goomburrup Aboriginal Organisation 9721 3004

Greater Bunbury Kaditj Kaditj Driving School; providing driver safety training, practical driving lessons and access to logbook vehicles and supervising drivers if required

www.goomburrup.com.au

my value getting involved

Education cont.

Jacaranda Community Centre 9477 4346

Defensive driver training, computer training
146 Epsom Ave Belmont

www.jacarandacommunitycentre.org.au

Life Academy 9301 1234

Joondalup

WA Aboriginal Scholarship scheme. Courses incorporate both western medical and Aboriginal healing philosophies and practices. Provides holistic training to groups to support health and well-being in communities; courses in Aboriginal Mental Health First Aid www.life-academy.com.au

Mental Health First Aid

Aboriginal

Mental Health First Aid 9079 0200

Australia wide

A 14 hour course to assist you to help a member of the community in culturally appropriate ways if he/she is having a mental health problem

www.mhfa.com.au

Djiti Djiti Aboriginal School 9724 9444

Serves the needs of Noongar children of Bunbury; culturally sensitive teaching

David Wirrpanda Foundation 9242 6700

Contact for metro and regional locations where courses are currently offered www.dwf.org.au

P242 Plan 2day42morrow

Focuses on indigenous youth who are keen to enter the workforce and require some extra support.

Deadly Culture

Industry specific cultural awareness training

Wirra Club

Rewards-based program aiming to keep indigenous children in school and improving standards of behaviour and achievement

Troy Cook's Health and Leadership Program

A ten week program providing the opportunity to experience the life of a professional athlete by participating alongside the program mentors. Covers health, mental well being and substance abuse

Cookies Challenge in the Workplace

Challenge your employees to take up Troy's Health and Leadership program; can be tailor made for your workplace

Clontarf 9251 0666

Waterford

Statewide - A place of learning and understanding that respects Aboriginal culture and spirituality and encourages students to reach their dreams

www.clontarf.wa.edu.au

Linkwest WA 9228 9000 or 1800 818 991

Statewide

Make the link to your local community, neighbourhood and learning centre

www.linkwest.asn.au/centres

Abstudy (Centrelink) 1800 132 317

Statewide

Helps with costs for Aboriginal and Torres Strait Islander Australians who are studying or undertaking an Australian apprenticeship

www.humanservices.gov.au

Yirra Yaakin Theatre Company 9202 1966

Next Step Training Initiative

Workshops, touring programs and hands-on production experience for Aboriginal Artists

www.yirrayaakin.com.au

Noongar Employment Enterprise Development Aboriginal Corporation (NEEDAC) 9791 7377

SW of WA.

Learn to drive with a driver training machine (simulator)

3 Rose St Bunbury

www.needac.org

Injury Control Council of WA 9420 7212

Promoting safe, healthy communities. Educational programs; Map of Loss healing program for Aboriginal people

www.iccwa.org.au

Karnany Aboriginal Centre 9274 7929
Drop-in centre that offers resources and referrals including education on money management.
25 Spring Park Rd Midland www.swanea.com

Challenger Institute of Technology

'One Sky, Many Paths' Indigenous Youth Leadership Program

Lee-Anne Habel **9599 8622**
Mobile **0409 378 679**
Peter Mann **9599 8757**
Mobile **0467 742 534**
Course developed by Aboriginal people, free to eligible applicants, receive a Certificate II in Leadership Development on completion. Website; go to 'Youth' and 'Programs' www.dlgc.wa.gov.au

Curtin University - Centre for Indigenous Studies

Aboriginal Bridging Courses 9266 2646
Indigenous Tertiary Enabling Course: A one semester course designed to fast-track indigenous students into mainstream university degree programs. Contact at a.matthews@curtin.edu.au

Degrees available include:

*Bachelor of Education Regional and Remote - Primary
Indigenous Community Management and Development Program (ICMDP)
Indigenous Community Health Program*
www.karda.curtin.edu.au

Wardan Aboriginal Cultural Centre 9756 6566

Offer programs to introduce students to Indigenous Culture: meets requirements of Aboriginal Studies Curriculum of Education Department of WA; presented by Aboriginal instructors in a hands-on manner that is both informative and entertaining
www.wardan.com.au

Literacy

Read Write Now! 1800 018 802
*Various Perth Metro, Northam, Toodyay, Broome, Albany, Collie, Geraldton, Esperance, Katanning
One-on-one literacy tutoring to adults*
www.readwrite-now.org

Reading Writing Hotline 1300 655 506
Speak to someone, find an organisation and resources to help you improve your reading, writing, spelling or maths
www.readingwritinghotline.edu.au

Work

WA Indigenous Tourism Operators Council Assn.Inc (WAITOC) 0419 921 946
Statewide - Promotes and advises new and existing Aboriginal operators within the tourism industry. Provides advice on Welcome to Country services
www.waitoc.com

Jobs South West

Bunbury **9721 5033** or **1800 641 375**
Busselton **9751 4760**
Brunswick **9726 1452** or **0488 203 499**
Harvey **9729 1911**
www.jsw.org.au

Too Deadly; Filmmaker Training Project

Bunbury
15 - 24 yrs, learn how to combine culture and career, learn some wicked film making skills; contact for next intake

Kaata - Koorliny Employment and Enterprise Development Aboriginal Corp. (KEEDAC)

Narrogin **9881 6666**
Federal St
Northam **9622 8211**
*331 Fitzgerald St
Great Southern - Drop-in if you have a problem; education and training, support, resource and referral centre, utility bill assistance*

Southern Aboriginal Corporation

Albany **9842 7777**
Aberdeen St
Mt Barker **0415 237 457**
Cnr Locke & Kelly Sts
Katanning **9821 2890**
*Shop 9 100 Clive St
A wide range of services to assist Aboriginal people; assistance including employment*

my value getting involved

Work cont.

Wila Gutharra Community Aboriginal Corporation 9956 1100
Geraldton
A community organisation offering employment assistance to Aboriginal people

Peedac Disability Employment Service
Armadale 0428 981 775
Cannington 9351 2201
Clarkson 9407 2500
Joondalup 9406 4600
Midland 9278 3200
Mirrabooka 9207 5400
Indigenous owned and operated; training, work experience, employment assistance
www.peedac.com.au

Halo Leadership 9418 5228
South metro or 0416 753 305
Culturally specific service for youth; peer mentoring, advocacy, links; enables individuals to design their own futures and make a difference in their communities.
The Joe Cooper Centre
MacFauld Park Falstaff Cres Spearwood
www.haloleadership.com.au

Indigenous Business Australia 9229 1400
or 1800 107 107
Statewide - Assist Indigenous Australians with small business
www.iba.gov.au

Noongar Employment Enterprise Development Aboriginal Corporation (NEEDAC) 9791 7377
Bunbury
Driver training, mentoring, parent and carer support
www.needac.org

Southcoast Natural Resource Management Restoring Connections 9842 7777
Culturally specific service, providing opportunities for employment and training and to reconnect back to country
www.southcoastnrm.com.au

Indigenous Construction Resource Group (ICRG) 6188 7300
Statewide - Indigenous focused mining services company; works closely with regional Aboriginal communities and has an extensive Indigenous labour network across Australia
www.icrg.com.au

Ngurra Barna Aboriginal Corporate Services 0429 624 455
Professional services and specialised project management to assist Traditional Owners with community and business development and mining agreements
www.ngurrabarna.org.au

Aboriginal Workforce Development Centre 9222 6535
Perth
Level 2 166 Murray St
Bunbury 9192 6763
Podium Level Bunbury Tower 61 Victoria St
Geraldton 9964 6345
Margaret House Bill Sewell Complex Chapman Rd
An Aboriginal specific service, we connect jobseekers with employers and service providers
www.trainingwa.wa.gov.au/lawdc

Indigenous Community Volunteers 9228 9151
Freecall 1800 819 542
Assist Aboriginal communities by linking appropriate volunteers with projects
www.icv.com.au

The Cultural Connection Code
Mt Lawley
Aboriginal consulting and coaching company, working at a grassroots level
www.theculturalconnectioncode.com

Kuditj Café/Kitchen 9228 0614
Perth's only Aboriginal owned, operated café; trains Aboriginal people in hospitality.
201 Beaufort St Perth
www.kuditj.com.au

Nyaarla Projects 9259 5700
Statewide - Indigenous company; education, training, employment, business plans
www.nyaarla.com.au

Arts

Abmusic 9458 9077
Waterford
Culturally specific music course, promotes teamwork and self-esteem
www.abmusic.org.au

Kulbardi Productions 9360 2213
Murdoch
Production of culturally specific media products, including Noongar community, documenting educational, health and social issues
www.kulbardiproductions.com.au

Madjitil Moorna 0409 116 460
Forrestfield
Choir led by Aboriginal musicians, focus on reconciliation and healing, rehearsal Monday nights; phone to check meeting time/place
www.madjitilmoorna.org.au

Magabala Books 9192 1991
Broome
Indigenous publishing house; many award winning indigenous books available
www.magabala.com

Brothaboy Clothing 9274 9932
or 0414 371 179
A social enterprise set up to benefit Indigenous people: 100% profits reinvested into community initiatives, represents the independent, empowered and innovative modern Indigenous community
www.brothaboy.com

**State Library of WA,
Indigenous Engagement** 9427 3237
Books and resources can be accessed free of charge, including Aboriginal family history resources, photographs, maps and oral histories. Also has a special area for families and children, with free books, events, exhibits and activities
Perth Cultural Centre
25 Francis St Perth

**The Walmajarri Language
Stories Project** 9427 3111
A collection of digitised and interactive stories from Kadjina Aboriginal Community
www.slwa.wa.gov.au

CAN WA
Perth 9226 2422
357 - 365 Murray St
Kellerberrin 9045 4766
8 Ripper St
Narrogin 9881 540021
Doney St
Engaging in arts and cultural practice, training and mentoring, resourcing community art projects across WA
www.canwa.com.au

**Wirlomin Noongar:
Language and Stories Project**
Supporting the maintenance of Noongar language, and sharing them with Noongar families
www.wirlomin.com.au

**Dumbartung Aboriginal
Corporation - Nyoongar
Cultural Resource Agency** 9451 4977
Cultural Art Gallery
295 Manning Rd Waterford (Clontarf site)
www.dumbartungaboriginalcorporation.org

Same - Sex Attracted

**Gay & Lesbian Community
Services GLCS** 9420 7201
or 1800 184 527
Telephone Counselling Line
Mon - Fri 7pm - 10pm
West Perth
Statewide - Promotes the wellbeing of lesbian, gay, bisexual, trans, intersex, queer and other sexuality, sex and gender diverse people
www.glcs.org.au

Pride WA 6210 1317
Northbridge
Statewide - Celebrating and championing the rights of lesbian, gay, bisexual, transgender, intersex, queer and other same sex attracted people living in WA
www.pridewa.asn.au

**P - FLAG
Parents, Family & Friends of Lesbians
& Gays**
Groups in Perth, Avon Valley, Bunbury and Rockingham. Help, support and information for families and friends of all gay people
www.pflag.org.au

my order getting organised



Mooditj Marmun

Lester Coyne

“ In today's modern society, consistent contact with each other remains a rarity in spite of our cultural inheritance. Sharing and being available to your brothers and sisters and asking how they are managing shows cultural care and strength.”

Lester Coyne

Lester is the Aboriginal Health Consultant in the Great Southern for the Department of Health helping Aboriginal people access appropriate health services. He is the great, great grandfather of 20 children.

Same - Sex Attracted cont.

Anwernekenhe National Aboriginal and Torres Strait Islander HIV/AIDS Alliance (ANA)

Promotes culturally appropriate services for Aboriginal people - including gay men, sisters/girls, transgender, people who inject drugs, people in custodial settings, sex workers and transient/mobile populations - in HIV education, prevention, treatment, care and support www.ana.org.au

2 Spirits

Lesbian, Gay, Bi - sexual, Trans Indigenous Health

Freecall **1800 177 434**
Improving the sexual health of Aboriginal gay men and sisters/girls; education, prevention, health promotion and community development
www.qahc.org.au/atsi

Safe Sex No Regrets **9482 0000**

Safer sex, condom use and STI transmission, treatment and prevention
www.safesexnoregrets.com.au

M Clinic **9227 0734**

HIV and STI testing clinic for men who have sex with men
www.mclinic.org.au

Gay & Lesbian Lobby Group (GALE)

GALE is WA's peak gay and lesbian rights lobby group, working to enhance and defend equality for the GLBTI community www.galewa.asn.au

The Freedom Centre **9228 0354**

Provides a safe social space, peer support, information and referral for young gay, lesbian, bisexual, transgender, intersex, queer and questioning youth, under 26 yrs
Open for QCulture on the 3rd Thursday of each month, 5 - 8pm
www.freedom.org.au

St Andrew's Anglican Church **9381 1130**

Lesbians, gay men, bisexuals and trans people will find acceptance and affirmation.
259 Barker Rd Subiaco
www.siriol.net/standrews

Accommodation

Noongar Mia Mia **9271 8711**

Seville Grove, Clarkson, Mandurah, Midland, Armadale, Medina, Gosnells
Provide and manage housing for Aboriginal people within Perth metropolitan area
www.noongarmiamia.com.au

Southern Aboriginal Corporation **9842 7777**

Provide and manage housing for Aboriginal people in lower Great Southern WA

Ruah Assertive Outreach Team

Street To Home **9328 5933**
Assist people to move off the street into stable housing.
33 Shenton St Northbridge www.ruah.com.au

Derbal Bidjar Hostel **9371 9090**

Maylands
Culturally safe, temporary accommodation for people accessing medical services

Allawah Grove **9279 6646**

South Guildford
Transitional accommodation for Aboriginal people

Coolabaroo **9490 4333**

Maddington
Transitional housing and support for Aboriginal families at risk of homelessness

Daydawn Advocacy Centre **9218 8035**

Perth
Culturally safe support and advocacy for housing issues
www.daydawn.org.au

Ebenezer Home **9440 1736**

Marangaroo, Nollamara
Culturally safe, supported accommodation for young people (15 - 25 yrs)
www.ebenezerhome.org.au

Outcare **6263 8622**

Short-term accommodation for ex-offenders.
27 Moore St East Perth
www.outcare.com.au

Swan Emergency Accommodation

Transea Family Service **9250 5256**
Midland
Short and medium term supported accommodation
www.swanea.com



my order getting organised

Accommodation cont.

Indigenous Business Australia 9229 1400
or 1800 107 107

Statewide - Assists Indigenous Australians towards home ownership
www.iba.gov.au

AccordWest 9729 9000
Freecall 1800 115 779

Bunbury, Busselton, Mandurah

Accommodation Services

Offers transitional accommodation and support to families, couples and individuals who are homeless or at risk of homelessness

Bunyak House

Crisis accommodation for youth aged 15 - 19 yrs; transition into independence or enable them to return to home where appropriate

Indigenous Tenancy Service

Provides support, advocacy and education to Aboriginal tenants of public and private housing, to support their ongoing tenancy

Private Rental Support

Supports private rental tenants in the Bunbury & Capes; helps address arrears and stabilise tenancies where people are at risk of homelessness
www.accordwest.com.au

St Bartholomews House 9323 5100

Provides community based support, accommodation and assistance to homeless individuals. 7 Lime St East Perth

www.stbarts.org.au

Legal

Aboriginal Mediation Service 9264 6150
Toll-free 1800 045 577

Department of the Attorney General
Perth

Assistance to increase communication between disputing parties and resolve conflict

www.dotag.wa.gov.au

Aboriginal Visitors Scheme

Department of Corrective Services 6254 8600
After Hours 1800 282 429

Perth

Aboriginal staff visit prisons providing support and counselling. Families concerned about a relative in custody can contact directly

www.correctiveservices.wa.gov.au/rehabilitation

Equal Opportunity

Commission 9216 3900
Perth

Investigates allegations of unlawful discrimination on grounds such as race, impairment, sex

www.eoc.wa.gov.au

Outcare 6263 8622

Provide emotional support to visitors, information on prison procedures
www.outcare.com.au

Aboriginal Legal Service of WA

1800 019 900

Geraldton, Kalgoorlie, Northam, Perth, Bunbury, Albany - Provides legal aid services to Aboriginal people throughout WA
www.als.org.au

Legal Aid

1300 650 579

Fremantle, Midland, Bunbury, Perth, Kalgoorlie, Albany, Geraldton - Information about criminal law, prison visiting, family, youth, domestic violence services
www.legallaid.wa.gov.au

Community Legal Centres 9221 9322

Perth Broome, Carnarvon, Geraldton, Kalgoorlie, Kununurra, Port Hedland.

Subsidised legal advice for low income earners; see "Legal Centres' CLC Directory" for a list of Centres
www.communitylaw.net

Aboriginal Family Law

Services 9355 1502
Corporate Office. 9328 9384

Funded legal and counselling service for victims of family violence and/or sexual assault who are Aboriginal or whose partner or children are Aboriginal

Indigenous Families Court

Support 9477 4346

Belmont and other on request - Supporting children and their families with the police and court system

www.jacarandacommunitycentre.org.au

Indigenous Law Centre

NSW www.ilc.unsw.edu.au

AccordWest

9729 9000
Freecall 1800 115 799
Bunbury, Busselton, Mandurah

Reintegration

Support services offers pre and post release support to individuals exiting a custodial facility; access to accommodation and support to reduce recidivism

AccordWest Family Centre

(at Bunbury Regional Prison)
Support, information and referral to people visiting family and friends housed at Bunbury Regional Prison
www.accordwest.com.au

Finance

Aboriginal Home Ownership

Scheme 1300 366 055
Statewide - Assists Indigenous people in buying a home, offers shared equity and a low deposit
www.keystart.com.au

WA NILS

9354 7611
Statewide - Loans of up to \$1500 at 0% interest to low income earners, for particular items/ circumstance
www.wanils.asn.au

Concessions WA

Online resource; find over 100 rebates, concessions and subsidy schemes
www.concessions.wa.gov.au

Hardship Utility Grant Scheme (HUGS)

Assist eligible individuals to pay their electricity, water or gas bills; referral through financial counsellor (see next entry)

Financial Counsellors Australia

Phone helpline 1800 007 007
Information & advocacy to help people take control of their own financial situation. Find your nearest financial counsellor on our website
www.financialcounsellors.org

Indigenous Business Australia

9229 1400 or 1800 107 107
Statewide - Assists Indigenous Australians to get involved with investment opportunities
www.iba.gov.au

Jacaranda Community Centre

9477 4346
Assistance with utility bills & income management.
46 Epsom Ave Belmont
www.jacarandacommunitycentre.org.au

Keedac

9881 6666
Great Southern - Referral service, utility bill assistance.
Federal St Narrogin

Swan Emergency Accommodation

Karnany Centre 9274 7929
Midland and surrounding areas - Money Business financial literacy

Southcare

9450 6233
Manning and surrounds - Provides culturally safe financial counselling
www.southcare.org.au

AccordWest

9729 9000
Freecall 1800 115 799
Bunbury, Busselton, Mandurah

Emergency Relief

Assist families who are experiencing financial hardship as a result of unforeseen circumstances
www.accordwest.com.au

Saver Plus

1300 610 355
Have your savings matched dollar for dollar for education costs up to \$500
www.anz.com/saverplus





my order getting organised

Disability

The Disability Services

Commission

9426 9352

Freecall

1800 998 214

Local Area Coordination

Statewide including - Bunbury, Eaton, Busselton, Margaret River, Manjimup, Esperance - Assists people to plan, organise and access services for their disability

www.disability.wa.gov.au

People with Disabilities

9485 8900

or 1800 193 331

Peak disability organisation run by and for people with disabilities

www.pwdwa.org

Perth Home Care Services 9204 7800

Perth metro - In-home support for elderly people
www.phcs.org.au

Regional Home Care Services

Geraldton

9920 7600

Wheatbelt

9574 9800

Geraldton, Toodyay, Broome, Carnarvon

Wheatbelt, Midwest and surrounding areas

In-home support for elderly people in rural regions

www.phcs.org.au

People Who Care

9379 1944

North and South West metro

Culturally sensitive disability service, transport to appointments, counselling, advocacy

www.peoplewhocare.org.au

Rise Network

People with Disability

6274 3700

Middle Swan

Mundaring, Kiara - Provides short term respite to those caring for a person with a disability

www.risenetwork.com.au

Peedac Disability Employment Service

Armadale

0428 981 775

Cannington

9351 2201

Clarkson

9407 2500

Joondalup

9406 4600

Midland

9278 3200

Mirrabeeka

9207 5400

Provides culturally sensitive job seeking assistance to people with a disability, injury or health condition

www.peedac.com.au

Mooditj Marmun

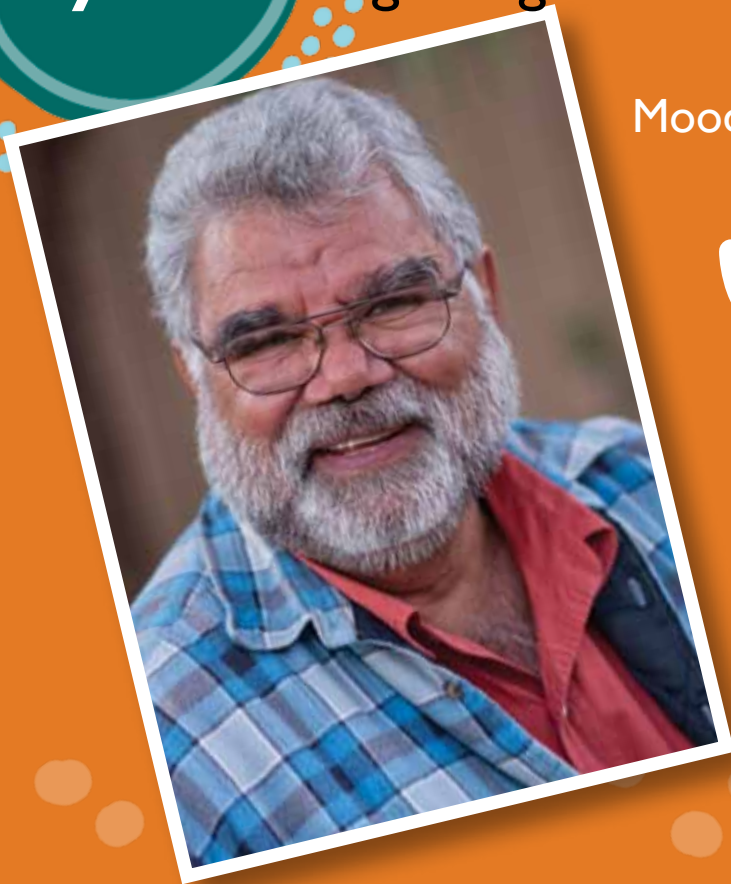
Jim Morrison

The poor wellbeing of many marmun today is a direct result of intergenerational trauma suffered by us since colonisation. For thousands of years we lived long and well, were breadwinners and had strong families. Don't blame yourself. And don't feel that you can't do better these days. Reach out for help to heal your body, your mind and your family.

Jim Morrison

Jim Morrison is a strong advocate for justice reinvestment (particularly for Stolen Generations); employment, education and training; the protection of young street people, and non-government agencies providing services to Aboriginal people. He is currently Operations Director with Derbarl Yerrigan Health Service.





Mooditj Marmun

Noel Nannup

“ **If our rivers are not healthy then neither are our people.** ”

Noel Nannup

Noel Nannup has a deep understanding not only of his own Noongar Culture, but of many Australian Indigenous cultures. He is a heritage consultant, story teller, cultural guide, cultural instructor and mentor, and a published author and narrator of several books, CDs and Maps.

Be proud of our culture. It's the oldest living culture on earth.

Relationship

Centrecare www.centrecare.com.au

General Counselling Service 9325 6644

Perth, Esperance, Joondalup, Kalgoorlie, Mirrabooka, Southwest

For people experiencing personal, relationship or family problems

Centrecare

Family Relationship Centre 9436 0600

Midland, Wheatbelt, Goldfields

Information for families at all stages; starting relationships, strengthening relationships, experiencing difficulties and those separating. Indigenous advisors available

Family Relationship Centres

Bunbury Geraldton Joondalup Mandurah Midland Perth

For services including dispute resolution whilst separating. To find nearest Family Relationship Centre, visit website or call Family Relationship Advice line (below)

www.familyrelationships.gov.au

Family Relationship

Advice Line 1800 050 321

A telephone advice line assisting families with relationship or separation issues: for parents, grandparents, children, young people, step-parents or friends

8am - 8pm Mon - Fri and 10am - 4pm on Sat

Yorgum Aboriginal Family Counselling Services 9218 9477

East Perth

Perth metro - Yorgum provides a nurturing, culturally safe team; provides counselling for issues of sexual assault, crisis/trauma, grief and loss and Aboriginal identity counselling. Specialised cultural therapeutic practises

www.yorgum.com.au

Southcare 9450 6233

Como, Karawara, Kensington, Manning, Salter Point, South Perth, Waterford - Provides

relationship counselling www.southcare.org.au

Relationships Australia

Moorditj Yarning 1300 364 277

Culturally safe counselling for family and relationship issues, grief and loss. One-to-one or groups www.wa.relationships.com.au

Mensline Australia 1300 78 99 78

National (24hrs)

Telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way www.mensline.org.au

Communicare

Counselling Services 9251 5777

Perth, Cannington, Rockingham and Bunbury
Support for depression, anxiety, anger management, grief and loss and relationship issues www.communicare.org.au

South West Aboriginal Medical Service (SWAMS)

Bunbury Social and Emotional Wellbeing

Bunbury **9791 2779**

Narrogin **9881 6487**

Bunbury, Narrogin and surrounds Pinjelly, Wagin, Caballing, Katanning - Culturally secure counselling and support

Men's Groups

Maamam Waangky (Mens Group)

Shannon **9451 1424**

David **0422 628 314**

Perth Metro - Join Shannon Kearing and David Hilton for a feed, laugh and yarn. A group for Aboriginal men of all heritages to come together to connect with culture, services, opportunities and each other.

15 Imber Pl Langford

Maamun Danjookoorliny Waankininy (Men together walking and talking)

Dennis **0421 565 358**

Bunbury

Bunbury Noongar men's group. Join us for a feed, yarn and a laugh. We provide a service to community and hold bush camps to connect with country and culture

my culture getting connected

Men's Groups cont.

Maamun Mia Mia

Keith Lethbridge **0437 336 296**
Open to all. Supports the health and well-being of Aboriginal men, through activities, camps, bushwalks and information about healthy lifestyle.
76 Champion Dr Seville Grove

Moorditj Keila

9313 3608

Manning
Culturally specific support within the City of South Perth. Information, advocacy, referral, informal counselling and practical assistance

Community Centres & Programs

Noongar Patrol Outreach Services

9228 4211

Midland, Northbridge and City of Vincent, South East and North Corridors, and Burswood - An outreach patrol to specified public places to assist Noongar people with social and welfare issues, includes transport and referrals
35 - 37 Gladstone St East Perth

Kulturejam

9444 1930

or **0428 810 445**

Perth Metro, Greater SW, Wheatbelt - Get back to country; camps, cultural activities, men's health and wellbeing programs

The Champion Centre

9399 0820

Seville Grove
S E Metro - A gathering place for Aboriginal people, offering a neutral, inclusive environment, to promote community, hope and opportunities has several programmes and partnerships operating from the centre - ring for more info

Miya Kaadadjiny Learning Sanctuary Community Centre Inc

Selina **0419 047 009**

Girrawheen
Open to all Aboriginal people. Cooking, craft, sewing, and gardening; all Aboriginal family members welcome; no need to ring first.
Sun 4.30pm - 6.00pm (except during school holidays)
Behind Girrawheen High School - take 2nd drive - way down to demountable

South Lake Ottey Family and Neighbourhood Centre

9417 2372

Friendly meeting place, Indigenous health program, Indigenous Artist in Residence, Indigenous Playgroups. Phone for info or just drop in.
2A South Lake Dr South Lake
Mon - Fri 8:30am - 4pm

WA Men's Sheds

1300 550 009

Safe, friendly and welcoming. Work on meaningful projects and contribute to the community
www.wamsa.org.au/mapofwasheds

Moorditj Mia Program

6274 3750

or **0417 929 915**

Koongamia
All swan region - For Indigenous people who may bear risk of isolation in the community; arts and craft, outings and yarning; any age welcome. Men's shed also running

Langford Aboriginal Association Inc. (Laa)

9451 1424

Aboriginal Community Centre with free programs; Phone, internet and fax use for a small fee.
15 Imber Pl Langford

Live Longer Community Garden

Come together with other Aboriginal families and relax while gardening together; connect with nature and with each other

Art and Yarning

Relax with other people while painting. All materials and lunch supplied. Children welcome, but your responsibility

Grief And Loss Workshops

Support you to face the loss of someone or something important; talking about your feelings and concerns can help. Dinner and creche provided

Dumbartung Aboriginal Corporation - Nyoongar Cultural Resource Agency 9451 4977
We strive to empower the healing of our people's lives and communities through cultural initiatives that strengthen the spiritual identity and create a sense of belonging.
295 Manning Rd Waterford (Clontarf site)
www.dumbartungaboriginalcorporation.org

Swan Emergency Accommodation Karnany Centre 9274 7929
Midland and surrounding areas - Drop-in centre that offers resources and referrals

Jacaranda Community Centre 9477 4346
Strong focus on meeting the needs of Aboriginal community; coffee mornings, call or drop by to see if they can assist with any issue.
146 Epsom Ave Belmont
www.jacarandacommunitycentre.org.au

Swan Emergency Accommodation Karnany Centre 9274 7929
Midland and surrounding areas - Drop-in centre that offers resources and referrals
www.swanea.com

Goomburrup Aboriginal Organisation 9721 3004
Bunbury
Aboriginal community centre; mensgroup, social group, elders group
www.goomburrup.com.au

KOYA Aboriginal Corporation 9360 1771
"Maambart Maam" Pindi Pindi Aboriginal Fathers Research Project.
Midland
Developing support for men, informed by men, during their partner's pregnancy and early fatherhood. Fathers can be involved in activities and yarning with other men about being a dad

Ngurra Barna Aboriginal Corporate Services 0429 624 455
Professional services and specialised project management to assist Traditional Owners with community and business development and mining agreements
www.ngurrabarna.org.au

Wardan Aboriginal Cultural Centre 9756 6566
Developed by the Wardandi people, to share our culture with visitors, school groups and Aboriginal people from other areas; in an effort to increase understanding and reconciliation with the wider community
www.wardan.com.au

Mentoring

Aboriginal Diversion Program
Contact Drug Information Service 9442 5000
or 1800 198 024
*South West Metro (Fremantle to Rockingham)
Helps positively change the lives of young Aboriginal people through a mentoring program*

Jobtrain Aboriginal Mentoring Service 9351 2200
Mentoring of trainees/apprentices to fast track learning. Aboriginal mentors available
www.jobtrainwa.com.au/mentoring

NEEDAC 9791 7377
Bunbury
SW of WA - Provide mentoring as part of job readiness
www.needac.org

Aboriginal Workforce Mentoring Programs 9224 6535
or 1800 441 043
Mentors for Aboriginal people in the workforce. Particularly useful if first time in the workforce or looking for skills in a new career
www.trainingwa.wa.gov.au

Indigenous Employment Program (Outcare) 8263 8622
East Perth
Working in the Re-entry Link Programme for the five male metropolitan prisons to assist clients, 6 months pre-release and 12 months post-release, with returning to the community
www.outcare.com.au

Nyaarla Projects 9259 5700
Perth Indigenous company providing training and employment services that include mentoring
www.nyaarla.com.au

my culture getting connected

Mentoring cont.

Indigenous Youth Mobility Program (IYMP) 9259 5700

Metro (Willetton)
Regional - IYMP provides the opportunity for Indigenous youth (16 - 24 yrs) to relocate to Perth or Broome to participate in postsecondary education/training, access to subsidised, supervised accommodation plus ongoing mentoring and support www.nyaarla.com.au

Halo Leadership 9418 5228 or 0416 753 305

South metro - Uses a unique peer mentoring model to assist Aboriginal young people to design their own futures.
The Joe Cooper Centre
MacFaul Park Falstaff Cres Spearwood
www.haloleadership.com.au

David Wirrpanda Foundation 9242 6700

Leederville
Regional according to funding - Provision of training, educational programs and mentoring.
See 'Education' for full details of programs
www.dwf.org.au

Fathers

Southcare 9450 6233

Manning and surrounds. Support programs for parents
www.southcare.org.au

KOYA Aboriginal Corporation 9360 1771

Swan Region
"Maambart Maam" Pindi Pindi Aboriginal Fathers Project
Support for men around parenting; men's group and day trips; a chance to talk to other fathers
www.koya.org.au

Anglicare WA

Joondalup, Rockingham, Gosnells, Mandurah, Bunbury, Albany, East Perth
www.anglicare.org.au

Mums and Dads Forever 9263 2104

Helps separated parents manage conflict and act in the best interest of their children

Fathers Empowering Sons 9263 2050

Supports dads to develop healthy relationships with their sons (aged 6 - 12 yrs)

Fathering After Separation 9263 2121

Seminar for fathers to build/strengthen/reestablish relationships with children after separation

Dads@Lifeline 9261 4451

East Perth
Provides support to fathers and their children after separation or bereavement
www.lifeline.org.au

Ngala Dads WA 9368 9379

Kensington, Belmont, Midland, Rockingham, Merriwa, Noranda Assists men to gain the skills needed for them to be involved in parenting and fatherhood
www.ngala.com.au

Indigenous Parent Factor 9394 0063

For Indigenous parents aiming to help their children's home learning
www.ipf.edu.au

Meerlinga - Aboriginal Parent Support Service 9377 7922

Works alongside parents to support them in developing parenting knowledge and skills.
106 Amazon Dve Beechboro
www.meerilinga.org.au

Swan Emergency Accomodation Karnany Centre 9274 7929

Midland and surrounding areas - Drop - in centre that offers resources and referrals including a Strong Fathers program
www.swanea.com

Aboriginal Early Years Best Start Program & Best Start Playgroups. 6279 1200 or 1800 654 432

Lesley Murray 6551 8212

Carol Michie 6551 8622

Culturally safe opportunity to prepare children for school and parents to build on their parenting strengths. Playgroups available

Transe Strong Fathers Program 9250 5256
Midland
Supporting Aboriginal fathers with children (from birth to 12 yrs)

Mooditj Koorlingah 9458 0505
Kids In The Kitchen Program
Armadale - Kids are picked up from school and taught how to cook nutritiously

Great Southern Aboriginal Health Service 9892 7222
Albany and surrounding areas - Dad's Program

Sun City Christian Centre 9964 1000
*Geraldton local area
A community centre offering children's activities/ holiday programmes*
www.suncitychristiancentre.com.au

Parenting WA Guides Website
Aboriginal Parenting WA Guides
www.communities.wa.gov.au/communities-in-focus/parenting_and_children/parentingwa/parenting-WA-guides/Pages/Aboriginal-Parenting-WA-Guides.aspx

Swan Emergency Accommodation Karnany Centre 9274 7929
Midland and surrounding areas - Drop - in centre that offers resources and referrals including a Strong Fathers program

Parenting WA Line
24/7 6279 1200
Freecall 1800 654 432
Email: parentingwaline@dlgc.wa.gov.au
Info and support to parents or carers of children from pre-birth to 18 - including child development, behaviour, bullying and puberty
www.dlgc.wa.gov.au

Youth

Kids Helpline Lifeline (24hrs) 1800 55 1800
We care and we listen, anytime and for any reason. Ages 5 - 25yrs
www.kidshelp.com.au

Samaritans Youth Line (24hrs) 9388 2500

Peel Youth Medical Service 9583 5435
The provision of doctors and nurses for both Aboriginal and non-Aboriginal youth aged between 13 and 25. The services are bulk billed to Medicare and are therefore free of charge to clients.
Billy Dower Youth Centre, Dower St Mandurah

Naarla Projects Indigenous Youth Mobility Program 9259 5700
Provides opportunity for Indigenous youth (16 - 24 yrs) to relocate to Perth or Broome to participate in post-secondary education/training; access to subsidised, supervised accommodation plus ongoing mentoring and support
www.nyaarla.com.au

Langford Aboriginal Association Inc 9451 1424
Langford
Community Centre with Free programs for community members; includes youth drop-in centre 0 - 5 yrs.
Open Mon - Thu 9.00am - 5.00pm

Rise Youth Program 6274 3700
Midland
Addresses issues of homelessness, education, relationships and family issues
www.risenetwork.com.au

Belmont Youth Services 9479 5794
Belmont
Those living in or attending school in Belmont City area School holiday programs, after school activities, alternative learning centre, drop in, outreach, counselling
www.belmont.wa.gov.au

Billy Dower Youth Centre 9550 3670
Mandurah
Youth Development Holiday Programs and Young Men's Program during school terms
www.mandurah.wa.gov.au

Halo 9418 5228
Spearwood
Perth metro - Halo advances the opportunities for young Aboriginal men 15 - 25 yrs, through leadership programs that enable individuals to design their own futures and make a difference in their communities
www.haloleadership.com

my culture getting connected

Youth cont.

David Wirrpanda Foundation 9531 1177
Leederville
Regional according to funding - Provision of training, educational programs and mentoring

Fairbridge Inc WA 9531 1177
Pinjarra
Fairbridge creates opportunity for young people to believe in themselves and improve their future, through training, employment and mentoring support

Midnight Basketball 9222 1366
or 0434 075 481
Swan View Leisure Centre
Midland and surrounding suburbs - Provides a combination of life skills workshops and basketball competitions. A meal and transport home are provided. No cost to players
www.midnightbasketball.org.au

Outcare Youth 9270 4777
Bayswater - A range of assistance to help those those involved in the justice system
www.outcare.com.au

SMYL Community Services 9430 4921
Statewide offices
Provides career guidance and support for Aboriginal youth to stay at school, get back into school or training/ employment www.smyl.com.au

Snow Bennett Youth Service 9274 1611
Crisis accommodation for people 15 - 25 yrs who are homeless or at risk of becoming homeless.
53 Great Northern Hwy Midland
www.swanea.com

Youthlink 9227 4300
To make a referral call 1300 362 569
A mental health service for young people (13 - 24 yrs), managed through the North Metropolitan Area Mental Health Service. Aboriginal mental health counsellors (male and female) available.
223 James St Northbridge
www.youthlink.perthwa.net

Jacaranda Centre Indigenous Families Court Support 9477 4346
Belmont
Belmont and other on request Supporting children and their families with police/court
www.jacarandacommunitycentre.org.au

Drug & Alcohol Perth Service 9222 6300
A free and confidential service which offers treatment and support to young people experiencing drug and alcohol related problems.
129 Hill St East Perth www.dao.health.wa.gov.au

Gondwana Youth Arts Project 9848 3623
Denmark - A diverse annual program of arts activities that stimulate creativity and promotes employment opportunities for artists
www.denmarkarts.com.au

Headspace
Osborne Park 9208 9555
Fremantle 9335 6333
Midland 9274 8860
Albany 9842 9871
Bunbury 9729 6800
We help youth who are going through a hard time
www.headspace.org.au

Ebenezer Home 9440 1736
Marangaroo, Nollamara
Culturally safe, supported accommodation for young people 15 - 25 yrs
www.ebenezerhome.org.au

YouthReach South 9499 4274
or 1300 362 56
Specialist Youth Mental Health Service working with marginalised young people between 13 and 24 yrs of age who are homeless, transient or experiencing significant barriers in accessing mainstream mental health services. YouthReach South works with young people who are primarily located in the South Metropolitan Health Region of Perth

Avon Youth Community & Family Services.

Northam 9622 2612
Narrogin 9881 6001
Moora 9653 1454
Merredin 9041 3594

Drop-in centre, support and referral, emergency relief, housing support, holiday programs

www.avonyouth.org.au

Busselton Margaret River Youth Service

Kristy 0437 616 340
*Unit 3 Albert Square, Albert St Busselton
on Tuesdays & Wednesdays*

Sars 0498 689 063
*33 Tunbridge Rd Margaret River
on Mondays*

www.jsw.org.au

Indigenous Communities Education & Awareness (ICEA)

Reconciliation inspired by young people, through harmony and mutual respect

www.iceafoundation.com.au

Ignite Basketball 9399 0462 or 0418 417 580

*Armadale and surrounding areas
Games and coaching, healthy meals and safe transport; mentoring, referral and case management; self - development including leadership development, public speaking, anger management and conflict resolution*

AccordWest 9729 9000 9729 9000 9729 9000

*Freecall
Bunbury, Busselton, Mandurah*

Bunyap House

*Crisis accommodation for youth aged 15 - 19 yrs;
transition into independence or enable them to return to home where appropriate*

Youth Substance Support

Support and counselling services to young people in Bunbury, Busselton and Margaret River to enable them to address their drug and alcohol issues and reduce the risk of infectious disease.

www.accordwest.com.au

Midland PCYC 9274 1918

Part of the Federation of Police and Community Youth Centres

Midland and surrounds - Supports youth and families with youth programs, community sport and recreation, food parcels, addressing of substance use, referrals; from 7am Mon - Fri with various closing times.

11 Byers Rd Midland

Contact midlandpcyc@wapcyc.com.au

Online Support

Reach out www.reachout.com.au

Eheadspace www.eheadspace.org.au

Youth beyondblue www.youthbeyondblue.com
or 1300 22 4636

Aged

Advocare Aboriginal Access Program 9479 7566

Perth metro - Advocacy and referral for Aboriginal people aged 50+. Support for those being mistreated by family/friends

www.advocare.org.au

Armadale Home Help Moorditj Services 9399 9511

*South East Metro
Culturally specific assistance for elderly to remain in own home; shopping, housework and transport; yarnning and craft groups*

Perth Home Care Services 9204 7800

*Perth metro
In-home support for elderly people*

www.phcs.org.au

Regional Home Care Services 9920 7600 9574 9800

*Geraldton
Wheatbelt
Geraldton, Toodyay, Broome, Carnarvon
Wheatbelt, Midwest and surrounding areas
In-home support for elderly people in rural regions*

People Who Care 9379 1944

*N and SW metro
Culturally specific elderly services; transport to appointments, counselling, advocacy*

www.peoplewhocare.org.au

my culture getting connected

Mooditj Marmun

Dennis Eggington



“ We don’t belong in prison. Let’s work together to break the cycle and keep our families and Culture strong. ”

Dennis Eggington

Dennis is a Nyungar father and grandfather who has been the CEO of the Aboriginal Legal Service of WA since 1996.

A strong advocate for the inherent rights of First Nations Peoples he is committed to empowering our young people with the knowledge that will ensure that the resilient journey of the Nyungar Nation is carried on for future generations.

Be proud of our culture. It’s the oldest living culture on earth.

Aged cont.

The Kwobarup Centre Based Day Program (Hacc). 9314 6363

Hamilton Hill

Indigenous specific activities program, including art, outings and lunch for people aged 45+ and people with disabilities www.cockburn.wa.gov.au

Stay On Your Feet WA 9420 7212.

Education and referral information to promote healthy active ageing to prevent falls in the older age group in the community

www.stayonyourfeet.com.au

Rise Network 6274 3700

Providing in-home support, transport, connection opportunities and respite for elderly people

www.risenetwork.com.au

Websites

The Yarning Circle

Join a Yarning Circle; have a Yarn with old friends and meet new friends too (online)

www.theyarningcircle.com/about

South West Aboriginal Land and Sea Council

Native title representative body of the Noongar people

www.noongar.org.au

Australian Indigenous Health Infonet.

A wide range of Aboriginal resources

www.healthinfonet.ecu.edu.au

Australian Indigenous Health Infonet.

Yarning

www.healthinfonet.ecu.edu.au/key-resourcesyarning-places

ABCs Message Stick

The latest Indigenous News from around the country

www.abc.net.au/message/news

Magabala Books

Indigenous publishing house, Broome; has received many national achievement awards and works to preserve and promote Australian Aboriginal culture

www.magabala.com

Marumali Healing Camps and Education

Based on a unique model of healing developed by Aunty Lorraine Peeters, a survivor of the removal policies herself

www.marumali.com

Recognise

The movement to recognise Aboriginal and Torres Strait Islander peoples in Australia's Constitution.

www.recognise.org.au

Creative Spirit

Culturally respectful site giving in-depth, quality information about our first Australians; including extensive catalogue of Indig books, movies, music

www.creativespirits.info

Bringing Them Home WA

Truth, healing, justice & reconciliation

www.bringingthemhomewa.com

Stolen Generations Alliance

www.sgalliance.org.au

Indigenous Human Rights Network of Australia (IHRNA)

Do you want to get active?

www.ihrna.info

ICEA

Reconciliation inspired by young people, through harmony and mutual respect

www.iceafoundation.com.au

Yirra Yaakin Theatre Company

Reading Stories Program A website/digital library to preserve stories from the Aboriginal community: Come forward and share your story!

www.indigenusstories.com.au

Australian Government

Office of the Registrar of Indigenous Corporations

A list of Aboriginal Corporations within WA

www.oric.gov.au

Books

Historical Books (UWA Press)

It's Still in My Heart, This is My Country:

The Single Noongar Claim History

South-West Aboriginal Land and Sea Council
John Host with Chris Owen

The largely untold, unknown and assumed extinct history and culture of the traditional owners of the South West of WA



my culture getting connected

Books cont.

A Story to Tell *Laurel Nannup*
Memories of family life: picnics, roaming through the bush, sharing campfire tale, illustrated with Laurel's striking woodcuts and etchings

Mamang *Kim Scott, Iris Woods, Wirlomin*
Noongar Language and Stories Project
Captures the deep spiritual connection of the Wirlomin people with the sea

For Their Own Good: Aborigines and Government in the South West of Western Australia 1900–1940.

Anna Haebich
A powerful and moving history of Aboriginal people in the south west of Western Australia

Kids Books

A Home for Bilby *Joanne Crawford*
Illustrated by Grace Fielding

Bip the Snapping Bungaroo
Narelle McRobbie *Illustrated by Grace Fielding*

Our World Bardi Jaawi, Life at Ardiyooloon One Arm Point Remote Community School
Illustrated by One Arm Point Remote Community School

Fiction

Grace Beside Me *Sue McPherson*

Hey Mum, What's a Half-Caste?
Lorraine McGee-Sippel

Ruby Moonlight *Ali Cobby Eckermann*

Long Time Now *Alf Taylor*

Us Mob Walawurru
Lisa Wilyuka, David Spillman

Non fiction/Biography

Jandamarra and the Bunuba Resistance
Howard Pedersen, Banjo Woorunmurra

The N Word *Stephen Hagan*

Busted Out Laughing *Beryl Harp, Dot Collard*

My Place *Sally Morgan*

Mind, Body Spirit

Footprints Across Our Land
Various, Jordan Crugnale

You Call it Desert: We Used to Live There
Jimmy Pike, Pat Lowe
Traditional Healers of Central Australia
Ngaanyatjarra Pitjantjatjar Yankunytjatjara Women's Council Aboriginal Corporation (NPY)

Movies & Documentaries

Kanyini

First Footprints

Ten Canoes

Australian Rules

The Tracker

Rabbit Proof Fence

Blackfellas

Backroads

Black and White

The Fringe Dwellers

Where the Green Ants

Dream

Walkabout

Yolnga Boy

Gulpilil - One Red Blood

Radiance

Mad Bastards

Bran Nue Day

The Sapphires

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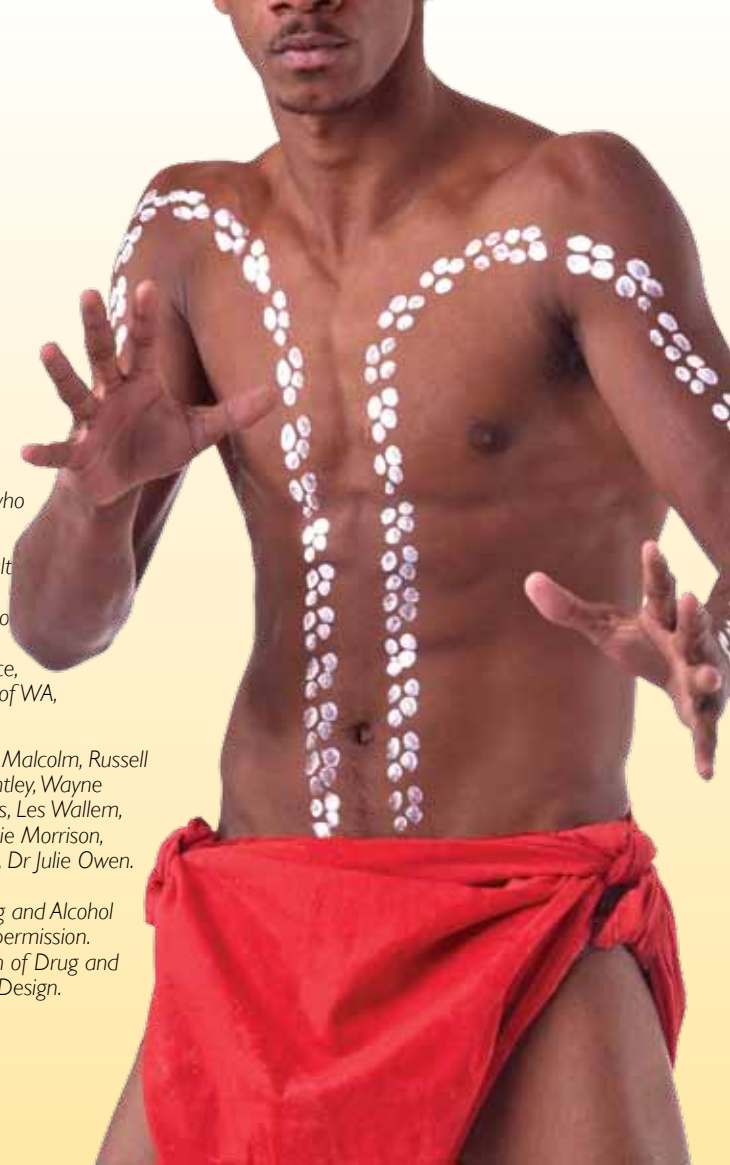
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