



# the mooditj marmun book

*services for  
Aboriginal  
men*

Ver 2

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



# MAN - healthier directions for males.

Welcome to the second 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

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](http://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](mailto:admin@man.org.au)**

An online version of this booklet can be found at **[www.man.org.au](http://www.man.org.au)**

An iPhone App of this information is available at iTunes - search for Mooditj Marmun

An Android version should follow soon.

Produced by



Claisebrook Lotteries House  
33 Moore Street  
EAST PERTH WA 6004



# 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**

**use what you have**



**do what you can**

## 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.**



## 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.lifelinewa.org.au](http://www.lifelinewa.org.au)

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

**beyondblue** (24hrs) 1300 22 4636  
*Yarn with the support service and learn about depression and anxiety*  
[www.beyondblue.org](http://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](mailto: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](http://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](http://www.kidshelp.com.au)

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**Parenting WA Line 24/7** **6279 1200**  
Freecall **1800 654 432**  
Email: [parentingwaline@dlgc.wa.gov.au](mailto:parentingwaline@dlgc.wa.gov.au)  
*Info & support for parents and carers with children 0 - 18*  
[www.dlgc.wa.gov.au](http://www.dlgc.wa.gov.au)

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**Family Help Line** (24hrs) **9223 1100**  
Country callers **1800 643 000**  
*Telephone counselling and information for families*

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**Men's Domestic Violence Line** (24hrs) **9223 1199**  
Freecall **1800 000 599**  
*Telephone information, referral and counselling service for men to help them change violent behaviour towards partners*  
[www.dcp.wa.gov.au](http://www.dcp.wa.gov.au)

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**Salvo Care Line**(24 hrs) **1300 36 36 22**  
*Call during times of crisis, loneliness, depression* [www.salvos.org.au](http://www.salvos.org.au)

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**Mensline** **1300 78 99 78**  
*Telephone and online support, information helps men to deal with relationship problems*  
[www.mensline.org.au](http://www.mensline.org.au)

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**Sexual Assault Resource Centre SARC** (24hrs) **9340 1828**  
Freecall **1800 199 888**  
*Emergency sexual assault (rape crisis) service*  
[www.kemh.health.wa.gov.au/services/sarc](http://www.kemh.health.wa.gov.au/services/sarc)

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**Gambling Helpline** **1800 858 858**

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**CentreCare Men's Helpline** **1800 000 599**  
or **9223 1199**  
*This service offers counselling, crisis response and referral*  
[www.centrecare.com.au](http://www.centrecare.com.au)

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**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*

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**Translating and Telephone Interpreting Service (TIS National)** **13 14 50**

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**Kimberley Interpreting Services** **9192 3981**  
*Telephone interpreter service for people from the Kimberly who don't speak English*  
[www.kimberleyinterpreting.org.au](http://www.kimberleyinterpreting.org.au)

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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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.medicarelocals.gov.au)

## Fremantle

Fremantle Streetdoctor 9319 0555

[www.fremantlemedicarelocal.com.au](http://www.fremantlemedicarelocal.com.au)

## North Perth Metro 9201 0044

Stop smoking program [www.pnml.com.au](http://www.pnml.com.au)

## Perth South Coastal 9439 9500

Diabetes education, Aboriginal specific  
stop-smoking program & maternity program  
[www.pscml.com.au](http://www.pscml.com.au)

## Perth Central & East Metro 9376 9200

Suicide prevention, homeless outreach  
[www.pcemml.org.au](http://www.pcemml.org.au)

## South West WA 9842 9322

Chronic pain management program  
[www.sw-medicarelocal.com.au](http://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](http://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](http://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](http://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](http://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

*Karnary 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](http://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](http://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](http://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](http://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](http://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](http://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.waaims.com](http://www.waaims.com)*

### M Clinic

**9227 0734**

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

*[www.mclinic.org.au](http://www.mclinic.org.au)*

### Safe Sex No Regrets

**9482 0000**

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

*[www.safesexnoregrets.com.au](http://www.safesexnoregrets.com.au)*

**Family Planning WA  
Sexual Health Services** 9227 6177  
[www.fpwa.org.au](http://www.fpwa.org.au)

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**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)

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**Prostate Cancer  
Foundation of Australia** 9381 7444  
[www.prostate.org.au](http://www.prostate.org.au)

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**Bowel Cancer** 02 9923 8269  
[www.bowelcanceraustralia.org/bca](http://www.bowelcanceraustralia.org/bca)

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**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](http://www.heartfoundation.org.au)

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**Asthma Foundation WA** 9289 2199  
[www.asthmawa.org.au](http://www.asthmawa.org.au)

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**Cardiovascular Risk Calculator**  
[www.cvdcheck.org.au](http://www.cvdcheck.org.au)

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**National Stroke Foundation** 1800 787 653  
[www.strokefoundation.com.au](http://www.strokefoundation.com.au)

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**Arthritis and Osteoporosis  
Foundation WA** 9388 2199  
[www.arthritis.org.au](http://www.arthritis.org.au)

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**Continence Advisory  
Service of WA** 9386 9777  
or 1800 814 925  
*Advice and information on bladder and bowel  
health* [www.continencewa.org.au](http://www.continencewa.org.au)

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**Andrology Australia** 1300 303 878  
*Men's reproductive health*  
[www.andrologyaustralia.org.au](http://www.andrologyaustralia.org.au)

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**Impotence Australia** 1800 800 614  
[www.impotenceaustralia.com.au](http://www.impotenceaustralia.com.au)

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## 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](mailto:Aboriginal.Health@health.wa.gov.au)

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**Community Health Centres and Services**  
*Find your local community health centre*  
[www.health.wa.gov.au](http://www.health.wa.gov.au)

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**Government Dental Clinics**  
*Find Emergency or general dental treatment.  
Subsidies depend on Centrelink*  
[www.dental.wa.gov.au](http://www.dental.wa.gov.au)

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**Medicare Local**  
*Find your medicare local health centre*  
[www.medicareforall.health.gov.au](http://www.medicareforall.health.gov.au)

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**HealthInsite HealthDirect** 1800 022 222  
*Up-to-date and reliable health information*  
[www.healthinsite.gov.au](http://www.healthinsite.gov.au)

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**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*

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## Lifestyle

**Department of Sport  
and Recreation** 9492 9700  
[www.dsr.wa.gov.au](http://www.dsr.wa.gov.au)

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

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

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**Get On Track Challenge** 9325 7699  
*Team-based, outdoor activity and healthy eating  
program* [www.getontrackwa.com.au](http://www.getontrackwa.com.au)

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# my body getting healthy

## Lifestyle cont.

### Federation of WA Bushwalkers

9384 5505

[www.bushwalkingwa.org.au](http://www.bushwalkingwa.org.au)

### FOODcents Healthy Eating Program

9388 4355

*Tips for a healthy diet on a healthy budget*

[www.foodcentsprogram.com.au](http://www.foodcentsprogram.com.au)

### Men's Resource Centre

9841 4777

Albany

*Pitstop wellness checks*

[www.mensresourcecentre.org.au](http://www.mensresourcecentre.org.au)

### Nutrition Australia

6201 0469

[www.nutritionaustralia.org/wa](http://www.nutritionaustralia.org/wa)

### M5 Project Men's Preventative Health

*Proactive and preventative men's health initiative*

[www.m5project.com.au](http://www.m5project.com.au)

### Measure Up

*Offers healthy living and weight management strategies*

[www.measureup.gov.au](http://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](http://www.nyoongarsports.com.au)

### Fairgame

*Provider of recycled sports equipment to communities, including indigenous communities.*

*Contact on [committee@fairgamewa.org](mailto:committee@fairgamewa.org)*

[www.fairgamewa.org](http://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](http://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](http://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](http://www.creativespirits.info)*

### Department of Sport and Recreation WA

9492 9700

*News, facilities, camps, workshops, lists of sporting organisations*

[www.dsr.wa.gov.au](http://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](http://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

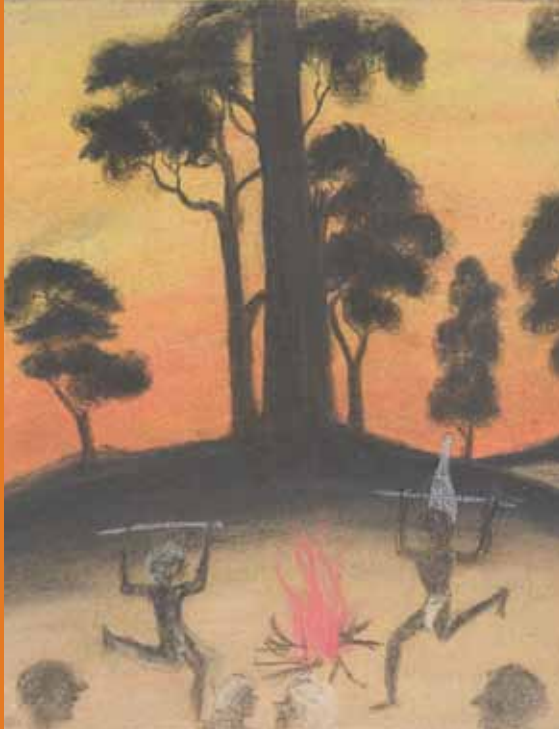
## **Ezzard Flowers**

**“ 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](http://www.johncurtingallery.curtin.edu.au) and [www.tjyllyungoo.com.au](http://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](http://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](http://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](http://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](http://www.derbarlyerrigan.com.au)

**Australian Psychology Association** 1800 333 497  
Freecall  
All of Australia  
[www.psychology.org.au/FindaPsychologist](http://www.psychology.org.au/FindaPsychologist)

**Australian Indigenous Psychologists Association** 03 8662 6675  
Email [aipa@psychology.org.au](mailto:aipa@psychology.org.au) with a request for an Indigenous psychologist  
[www.indigenouspsychology.com.au](http://www.indigenouspsychology.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](http://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.mifwa.org.au](http://www.mifwa.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](http://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](http://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](http://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** 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](http://www.mhfa.com.au)

**Personal Helpers & Mentors Program (PHaMs)** 9574 9800  
Wheatbelt  
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](http://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](http://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](http://www.lifelinewa.org.au)

**One Life WA Suicide  
Prevention Strategy** 9325 6644  
[www.mcsp.org.au](http://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](http://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](http://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.suicidecallbackservice.org.au](http://www.suicidecallbackservice.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](http://www.youthfocus.com.au)

**Dumbartung Aboriginal Corporation -  
Nyoongar Cultural  
Resource Agency** 9451 4977  
Suicide awareness training program.  
295 Manning Rd Waterford (Clontarf site)  
[www.dumbartungaboriginalcorporation.org](http://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](http://www.arborsupport.org.au)

**Grieflink** [www.grieflink.org.au](http://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](http://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](http://www.samaritanscrisisline.org.au)



# my spirit getting strong

## Alcohol & Other Drugs 24 Hour Confidential Helplines

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### 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*

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### 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*

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### Quitline

13 78 48

*Statewide - Quitline counsellors are very experienced in helping people stop or reduce their smoking*

[www.quitnow.gov.au](http://www.quitnow.gov.au)

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## Alcohol & Other Drugs

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### 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](http://www.aads.org.au)

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### 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](http://www.dao.health.wa.gov.au)

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### 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](http://www.holyoake.org.au)

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### Drumbeat

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

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### 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](http://www.sjog.org.au/bunbury)

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### 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](http://www.palmerston.org.au)

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### Cyrenian House

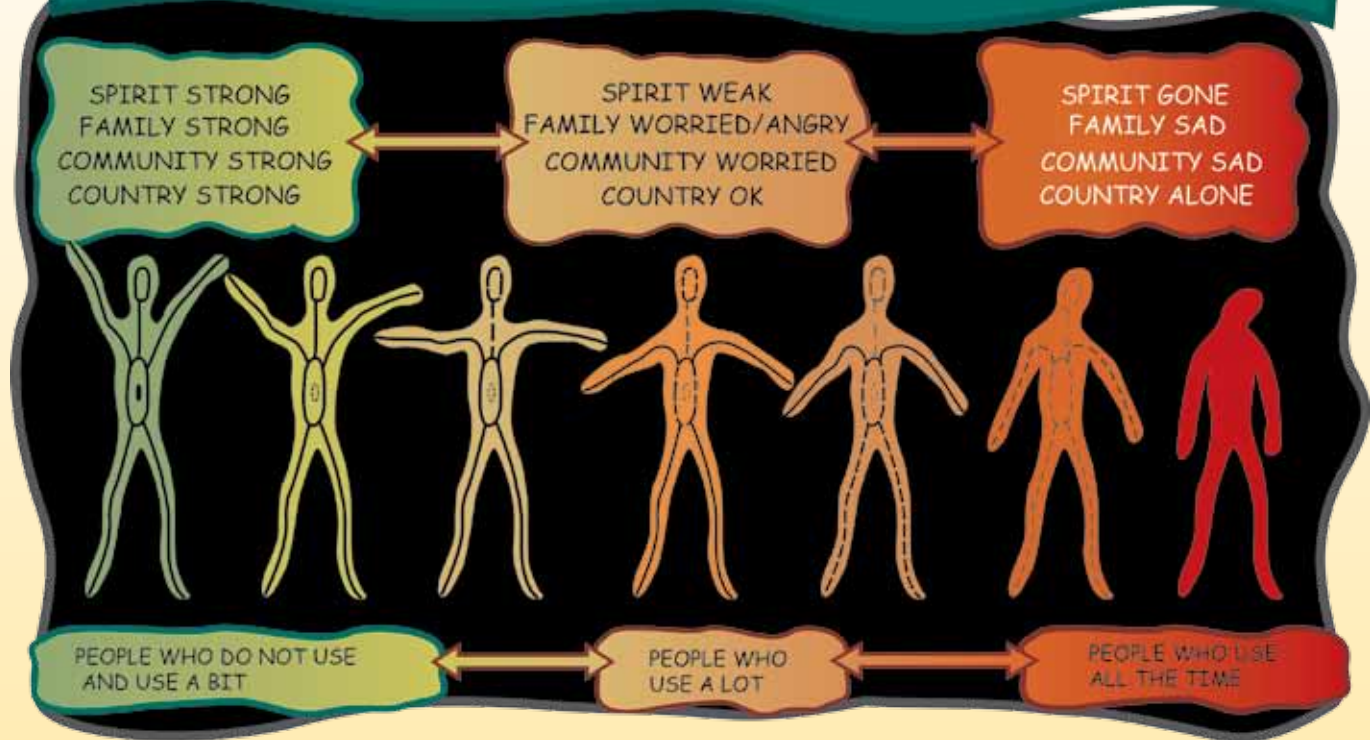
9328 9200

*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](http://www.cyrenianhouse.com)

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## 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 Willetton Thurs 11:30am & 7pm  
Men Into Action - A group for Aboriginal men

[www.aaperthwa.org](http://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](http://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](http://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@wapcyc.com.au](mailto:midlandpcyc@wapcyc.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](http://www.alcoholthinkagain.com.au)

**Strong Spirit Strong Mind**

[www.drugaware.com.au/StrongSpiritStrongMind](http://www.drugaware.com.au/StrongSpiritStrongMind)

**Injury Control Council of WA**

[www.iccwa.org.au/wacan/tools-and-resources](http://www.iccwa.org.au/wacan/tools-and-resources)

## My Violence

**Relationships**

Australia

1300 364 277

[www.wa.relationships.com.au](http://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](http://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](http://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](http://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](mailto: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](http://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 1/14 Rose St Bunbury [www.swams.com.au](http://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](http://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](http://www.bringingthemhomewa.com/about)



HEALING  
LAND



# 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](http://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](http://www.iceafoundation.com.au)

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

Healing through the Map  
[www.iccwa.org.au](http://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](http://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](http://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](http://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](http://www.noongarradio.com)

# I 00.9fm

## Radio MAMA

Geraldton 9964 7325  
*Midwest Aboriginal Media Association Incorporated. Providing a community voice for Aboriginal people in the region*

# I 00.5fm

## **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 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
- Information regarding eligibility, claiming and payment processes can be obtained from Medicare Australia on 132 011 or at [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)

## my value getting involved

Mooditj Marmun

**Chris Pease**

“

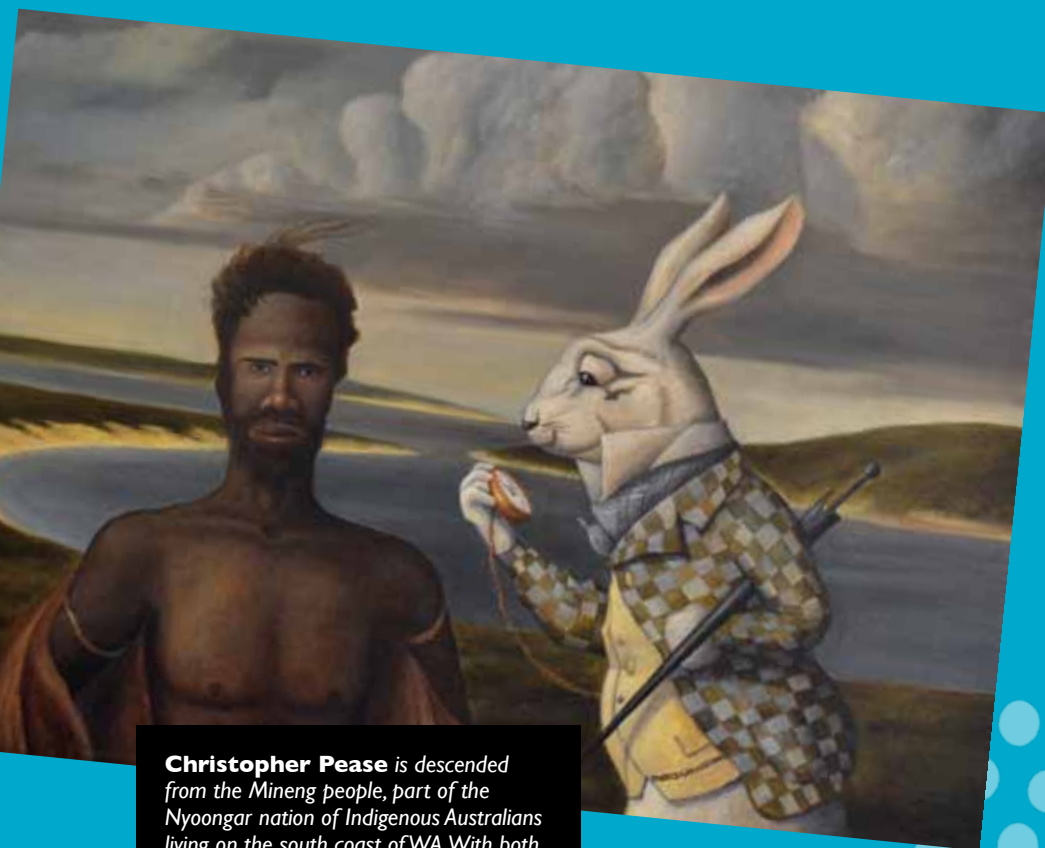
**Be proud of who you are and your heritage. Find out what you want to do with your life and go for it.**

”

*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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.swanea.com)

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**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](http://www.dlgc.wa.gov.au)*

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**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](mailto:a.matthews@curtin.edu.au)*

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**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](http://www.karda.curtin.edu.au)

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**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](http://www.wardan.com.au)

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**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](http://www.readwrite-now.org)

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**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](http://www.readingwritinghotline.edu.au)

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**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](http://www.waitoc.com)

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**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](http://www.jsw.org.au)

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**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*

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**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*

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**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*

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# 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](http://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*

*MacFaull Park Falstaff Cres Spearwood*

[www.haloleadership.com.au](http://www.haloleadership.com.au)

**Indigenous Business  
Australia** 9229 1400  
or 1800 107 107

*Statewide - Assist Indigenous Australians with  
small business* [www.iba.gov.au](http://www.iba.gov.au)

**Noongar Employment Enterprise  
Development Aboriginal Corporation  
(NEEDAC)** 9791 7377

Bunbury  
*Driver training, mentoring, parent and carer  
support* [www.needac.org](http://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](http://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](http://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](http://www.ngurrabarna.org.au)

**Aboriginal Workforce Development  
Centre**

Perth 9222 6535  
*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/awdc](http://www.trainingwa.wa.gov.au/awdc)

**Indigenous  
Community Volunteers** 9228 9151

Freecall 1800 819 542  
*Assist Aboriginal communities by linking  
appropriate volunteers with projects*  
[www.icv.com.au](http://www.icv.com.au)

**The Cultural Connection Code**

Mt Lawley  
*Aboriginal consulting and coaching company,  
working at a grassroots level*  
[www.theculturalconnectioncode.com](http://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](http://www.kuditj.com.au)

**Nyaarla Projects** 9259 5700

*Statewide - Indigenous company: education,  
training, employment, business plans*  
[www.nyaarla.com.au](http://www.nyaarla.com.au)

## Arts

**Abmusic** 9458 9077  
Waterford  
Culturally specific music course, promotes teamwork and self-esteem  
[www.abmusic.org.au](http://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](http://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](http://www.madjitilmoorna.org.au)

**Magabala Books** 9192 1991  
Broome  
Indigenous publishing house; many award winning indigenous books available  
[www.magabala.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.safesexnoregrets.com.au)

### M Clinic 9227 0734

HIV and STI testing clinic for men who have sex with men  
[www.mclinic.org.au](http://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](http://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](http://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](http://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](http://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](http://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](http://www.daydawn.org.au)

### Ebenezer Home 9440 1736

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

### Outcare 6263 8622

Short-term accommodation for ex-offenders.  
27 Moore St East Perth  
[www.outcare.com.au](http://www.outcare.com.au)

### Swan Emergency Accommodation

### Transea Family Service 9250 5256

Midland  
Short and medium term supported accommodation  
[www.swanea.com](http://www.swanea.com)



# my order getting organised

## Accommodation cont.

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**Indigenous Business Australia** 9229 1400  
or 1800 107 107

Statewide - Assists Indigenous Australians towards home ownership  
[www.iba.gov.au](http://www.iba.gov.au)

**AccordWest** 9729 9000  
Freecall 1800 115 799

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](http://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](http://www.stbarts.org.au)

## Legal

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**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](http://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](http://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](http://www.eoc.wa.gov.au)

### Outcare

6263 8622

Provide emotional support to visitors, information on prison procedures

[www.outcare.com.au](http://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](http://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.legalaid.wa.gov.au](http://www.legalaid.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](http://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](http://www.jacarandacommunitycentre.org.au)

### Indigenous Law Centre

NSW [www.ilc.unsw.edu.au](http://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](http://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](http://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](http://www.wanils.asn.au)

### Concessions WA

Online resource; find over 100 rebates, concessions and subsidy schemes

[www.concessions.wa.gov.au](http://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](http://www.financialcounsellors.org)

### Indigenous Business 9229 1400

**Australia or 1800 107 107**

Statewide - Assists Indigenous Australians to get involved with investment opportunities

[www.iba.gov.au](http://www.iba.gov.au)

### Jacaranda Community Centre 9477 4346

Assistance with utility bills & income management.

46 Epsom Ave Belmont

[www.jacarandacommunitycentre.org.au](http://www.jacarandacommunitycentre.org.au)

### Keedac 9881 6666

Great Southern - Referral service, utility bill assistance.

Federal St Narrogin

### Swan Emergency Accommodation

**Karnary 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](http://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](http://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](http://www.anz.com/saverplus)



# my order getting organised

## Disability

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### 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](http://www.disability.wa.gov.au)

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### People with Disabilities

9485 8900

or 1800 193 331

Peak disability organisation run by and for people  
with disabilities

[www.pwdwa.org](http://www.pwdwa.org)

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### Perth Home Care Services 9204 7800

Perth metro - In-home support for elderly people  
[www.phcs.org.au](http://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](http://www.phcs.org.au)

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### People Who Care 9379 1944

North and South West metro

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

[www.peoplewhocare.org.au](http://www.peoplewhocare.org.au)

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### 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](http://www.risenetwork.com.au)

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### 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](http://www.peedac.com.au)

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Mooditj Marmun

## Jim Morrison

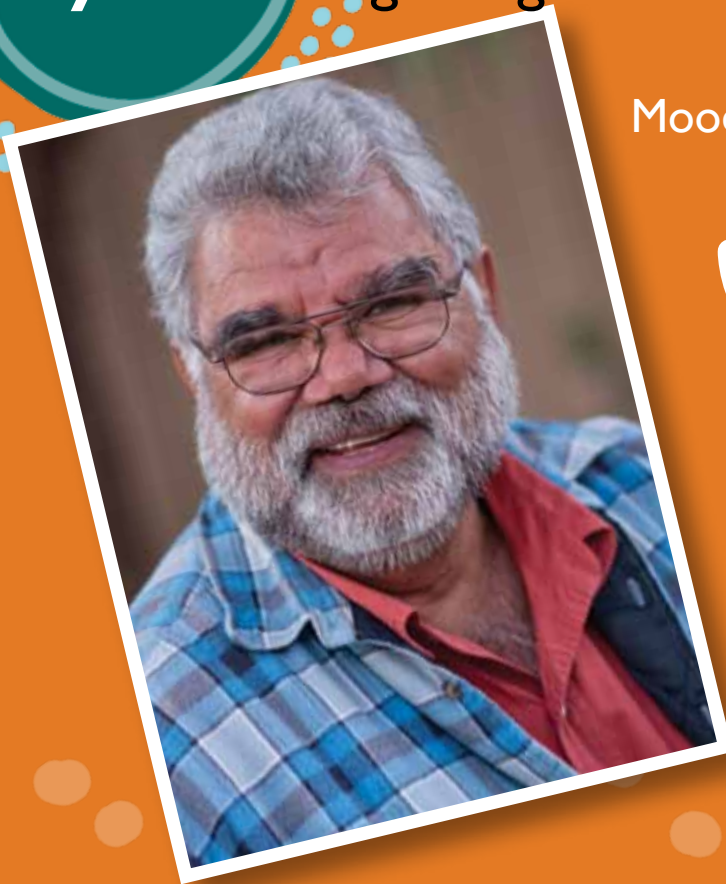
**The poor wellbeing of many marmun today is a direct result of intergenerational trauma suffered by us since colonisation. For thousands of years we lived long and well, were breadwinners and had strong families. Don't blame yourself. And don't feel that you can't do better these days. Reach out for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



# my culture getting connected



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

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**Centrecare** [www.centrecare.com.au](http://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](http://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*

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**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](http://www.yorgum.com.au)

**Southcare** 9450 6233

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

*relationship counselling* [www.southcare.org.au](http://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](http://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](http://www.mensline.org.au)

**Communicare**

**Counselling Services** 9251 5777

Perth, Cannington, Rockingham and Bunbury  
*Support for depression, anxiety, anger  
management, grief and loss and and relationship  
issues* [www.communicare.org.au](http://www.communicare.org.au)

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**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*

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## Men's Groups

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**Maamam Waangkiny (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 PI 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*

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# 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

0419 047 009

Selina

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](http://www.wamsa.org.au/mapofwasheds)

### Moorditj Mia Program

6274 3750  
or 0417 929 915

Koongamia

All swan region - For Indigenous people who may beat risk of isolation in the community; arts and craft, outings and yarnning; 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](http://www.dumbartungaboriginalcorporation.org)

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

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**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](http://www.jacarandacommunitycentre.org.au)

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**Swan Emergency Accommodation Karnany Centre** 9274 7929  
*Midland and surrounding areas - Drop-in centre that offers resources and referrals*  
[www.swanea.com](http://www.swanea.com)

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**Goomburrup Aboriginal Organisation** 9721 3004  
Bunbury  
*Aboriginal community centre; mensgroup, social group, elders group*  
[www.goomburrup.com.au](http://www.goomburrup.com.au)

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**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*

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**Ngurra Barna Aboriginal Corporate Services** 0429 624 555  
*Professional services and specialised project management to assist Traditional Owners with community and business development and mining agreements*  
[www.ngurrabarna.org.au](http://www.ngurrabarna.org.au)

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**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](http://www.wardan.com.au)

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## 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*

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**Jobtrain Aboriginal Mentoring Service** 9351 2200  
*Mentoring of trainees/apprentices to fast track learning. Aboriginal mentors available*  
[www.jobtrainwa.com.au/mentoring](http://www.jobtrainwa.com.au/mentoring)

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**NEEDAC** 9791 7377  
Bunbury  
SW of WA - Provide mentoring as part of job readiness  
[www.needac.org](http://www.needac.org)

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**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](http://www.trainingwa.wa.gov.au)

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**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 prerelease and 12 months postrelease, with returning to the community*  
[www.outcare.com.au](http://www.outcare.com.au)

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**Nyaarla Projects** 9259 5700  
*Perth Indigenous company providing training and employment services that include mentoring*  
[www.nyaarla.com.au](http://www.nyaarla.com.au)

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# 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](http://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](http://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](http://www.dwf.org.au)

## Fathers

### Southcare 9450 6233 Manning and surrounds. Support programs for parents [www.southcare.org.au](http://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](http://www.koya.org.au)

### Anglicare WA Joondalup, Rockingham, Gosnells, Mandurah, Bunbury, Albany, East Perth [www.anglicare.org.au](http://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](http://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](http://www.ngala.com.au)

### Indigenous Parent Factor 9394 0063 For Indigenous parents aiming to help their children's home learning [www.ipf.edu.au](http://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](http://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](http://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

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

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

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

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

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**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](http://www.communities.wa.gov.au/communities-in-focus/parenting_and_children/parentingwa/parenting-WA-guides/Pages/Aboriginal-Parenting-WA-Guides.aspx)

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

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**Parenting WA Line**  
24/7 6279 1200  
Freecall 1800 654 432  
Email: [parentingwaline@dlgc.wa.gov.au](mailto: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](http://www.dlgc.wa.gov.au)

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## 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](http://www.kidshelp.com.au)

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**Samaritans Youth Line** (24hrs) 9388 2500

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**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

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**Nyaarla 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](http://www.nyaarla.com.au)

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**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

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**Rise Youth Program** 6274 3700  
Midland  
*Addresses issues of homelessness, education, relationships and family issues*  
[www.risenetwork.com.au](http://www.risenetwork.com.au)

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**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](http://www.belmont.wa.gov.au)

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**Billy Dower Youth Centre** 9550 3670  
Mandurah  
*Youth Development Holiday Programs and Young Men's Program during school terms*  
[www.mandurah.wa.gov.au](http://www.mandurah.wa.gov.au)

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**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](http://www.haloleadership.com)

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# my culture getting connected

## Youth cont.

**David Wirrpanda Foundation** 9242 6700

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.headspace.org.au)

**Ebenezer Home** 9440 1736

Marangaroo, Nollamara

Culturally safe, supported accommodation for young people 15 - 25 yrs

[www.ebenezerhome.org.au](http://www.ebenezerhome.org.au)

**YouthReach South** 9499 4274  
or 1300 362 569

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](http://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](http://www.jsw.org.au)

### Indigenous Communities Education & Awareness (ICEA)

*Reconciliation inspired by young people, through harmony and mutual respect*  
[www.iceafoundation.com.au](http://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

Freecall 9729 9000  
1800 115 799  
Bunbury, Busselton, Mandurah

### Bunyak 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](http://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](mailto:midlandpcyc@wapcyc.com.au)*

### Online Support

Reach out [www.reachout.com.au](http://www.reachout.com.au)  
Eheadspace [www.eheadspace.org.au](http://www.eheadspace.org.au)  
Youth beyondblue [www.youthbeyondblue.com](http://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](http://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](http://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*

#### People Who Care

9379 1944  
*N and SW metro  
Culturally specific elderly services; transport to appointments, counselling, advocacy*  
[www.peoplewhocare.org.au](http://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](http://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](http://www.stayonyourfeet.com.au)

### Rise Network 6274 3700

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

[www.risenetwork.com.au](http://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](http://www.theyarningcircle.com/about)

### South West Aboriginal Land and Sea Council

Native title representative body of the Noongar people

[www.noongar.org.au](http://www.noongar.org.au)

### Australian Indigenous Health Infonet.

A wide range of Aboriginal resources

[www.healthinfonet.ecu.edu.au](http://www.healthinfonet.ecu.edu.au)

### Australian Indigenous Health Infonet.

Yarning

[www.healthinfonet.ecu.edu.au/  
key-resourcesyarning-places](http://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](http://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](http://www.magabala.com)

### Marumali Healing Camps and Education

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

[www.marumali.com](http://www.marumali.com)

### Recognise

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

[www.recognise.org.au](http://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](http://www.creativespirits.info)

### Bringing Them Home WA

Truth, healing, justice & reconciliation

[www.bringingthemhomewa.com](http://www.bringingthemhomewa.com)

### Stolen Generations Alliance

[www.sgalliance.org.au](http://www.sgalliance.org.au)

### Indigenous Human Rights Network of Australia (IHRNA)

Do you want to get active?

[www.ihrna.info](http://www.ihrna.info)

### ICEA

Reconciliation inspired by young people, through harmony and mutual respect

[www.iceafoundation.com.au](http://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.indigenoustories.com.au](http://www.indigenoustories.com.au)

### Australian Government Office of the Registrar of Indigenous Corporations

A list of Aboriginal Corporations within WA

[www.oric.gov.au](http://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.

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### **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*

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### **Mamang** Kim Scott, Iris Woods, Wirlomin

*Noongar Language and Stories Project  
Captures the deep spiritual connection of the Wirlomin people with the sea*

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### **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*

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## Kids Books

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### **A Home for Bilby** Joanne Crawford

*Illustrated by Grace Fielding*

### **Bip the Snapping Bungaroo**

Narelle McRobbie *Illustrated by Grace Fielding*

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### **Our World Bardi Jaawi, Life at Ardiyooloon One Arm Point Remote Community School**

*Illustrated by One Arm Point Remote Community School*

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## Fiction

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### **Grace Beside Me** Sue McPherson

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### **Hey Mum, What's a Half-Caste?**

Lorraine McGee-Sippel

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### **Ruby Moonlight** Ali Cobby Eckermann

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### **Long Time Now** Alf Taylor

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### **Us Mob Walawurru**

Lisa Wilyuka, David Spillman

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## Non fiction/Biography

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### **Jandamarra and the Bunuba Resistance**

Howard Pedersen, Banjo Woorunmurra

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### **The N Word** Stephen Hagan

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### **Busted Out Laughing** Beryl Harp, Dot Collard

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### **My Place** Sally Morgan

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## Mind, Body Spirit

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### **Footprints Across Our Land**

Various, Jordan Crugnale

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### **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)*

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## Movies & Documentaries

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### **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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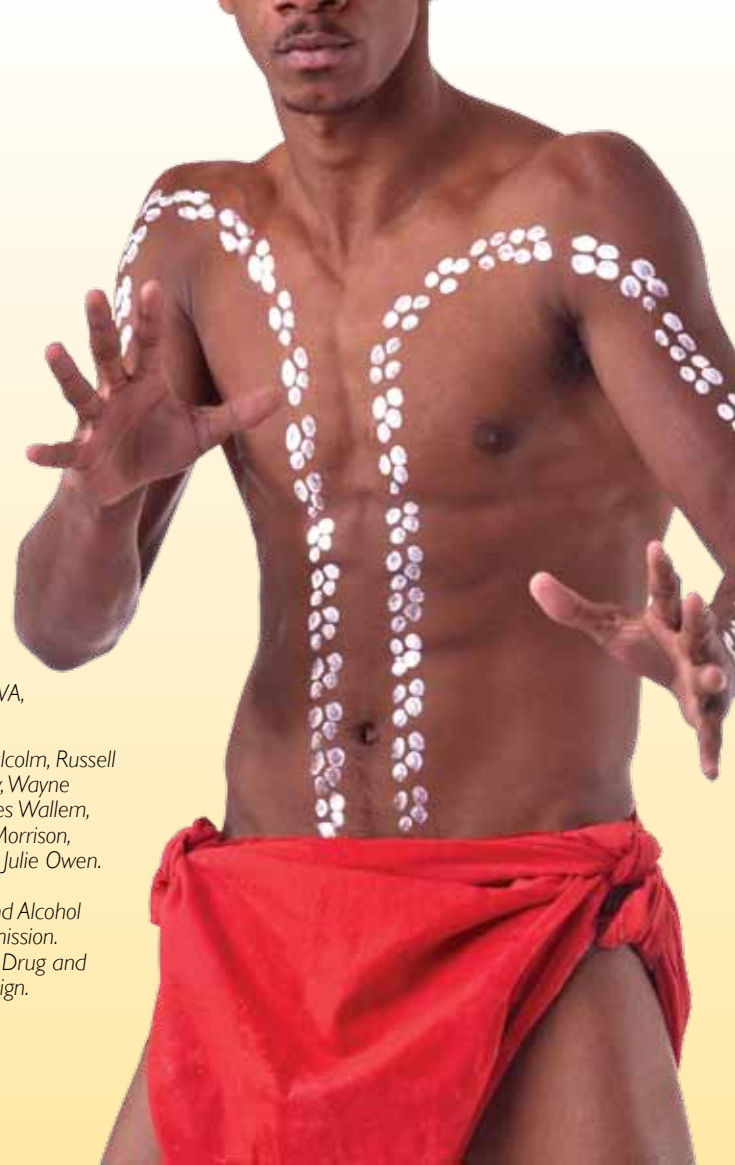
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