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

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

An online version of this booklet can be found at www.man.org.au
An iPhone App of this information is available at iTunes - search for Mooditj Marmun
An Android version should follow soon.

Produced by

MAN

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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mooditj marmun

**start where you are**

**my value**
I find meaning in what I do and look for ways to give my unique gifts in the world

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

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

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

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

**do what you can**

**use what you have**
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.
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.
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
Crisis Care (24hrs)  9223 1111
or 1800 199 008
Information and counselling service for people in crisis
www.health.wa.gov.au
beyondblue (24hrs)  1300 22 4636
Yarn with the support service and learn about depression and anxiety
www.beyondblue.org
Suicide Call Back Service  1300 659 467
(24hrs)
Telephone support service, expert counsellors, provide 6 counselling sessions

Homeless Advisory Service  1800 065 892
Mental Health Emergency Response Line  1300 555 78
Peel  1800 676 822
Rurallink  1800 552 002
After - hours mental health emergency services

Family Drug Support  1300 368 186
Victim Support Service  9425 2850
1800 818 988
Offers confidential counselling and support services to victims of crime provided by professional counsellors and trained volunteers. Email vss@justice.wa.gov.au

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

Suicide Support
Telephone Listening Service (7 days)
Crisis Line (24hrs)  13 52 47
Youth Line Youth WA (7 days)  1800 198 313
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<td>Kids Helpline Lifeline (24hrs)</td>
<td>1800 551 800</td>
<td>We care and we listen, anytime and for any reason. Aged 5 - 25</td>
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<td>Parenting WA Line 24/7</td>
<td>6279 1200</td>
<td>Freecall</td>
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<tr>
<td>Parenting WA Line 24/7</td>
<td>1800 654 432</td>
<td>Email: <a href="mailto:parentingwaline@dlgc.wa.gov.au">parentingwaline@dlgc.wa.gov.au</a></td>
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<td>9223 1199</td>
<td>Freecall</td>
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<td>Sexual Assault Resource Centre SARC (24hrs)</td>
<td>9340 1828</td>
<td>Emergency sexual assault (rape crisis) service</td>
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<td>Centrecare Men’s Helpline</td>
<td>1800 000 599</td>
<td>This service offers counselling, crisis response and referral</td>
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<td>Salvo Care Line (24 hrs)</td>
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<td>Call during times of crisis, loneliness, depression</td>
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<td>Gambling Helpline</td>
<td>1800 858 858</td>
<td></td>
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<tr>
<td>CentreCare Men’s Helpline</td>
<td>1800 000 599</td>
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<td>Perths Home Care Services</td>
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<td>Crisis Respite Support</td>
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<td>Translating and Telephone Interpreting Service (TIS National)</td>
<td>13 14 50</td>
<td>Short term emergency assistance for primary carers of people who are frail aged or have disabilities or mental illness</td>
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<td>Kimberley Interpreting Services</td>
<td>9192 3981</td>
<td>Telephone interpreter service for people from the Kimberly who don’t speak English</td>
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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 p.31)
Look after yourself. Get a health check every year so you can be around to look after your family and your community.

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

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

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

Freemantle
Freemantle Streetdoctor 9319 0555
www.freemantlemedicarelocal.com.au

North Perth Metro
9201 0044
Stop smoking program www.pnml.com.au

Perth South Coastal
9439 9500
Diabetes education, Aboriginal specific stop-smoking program & maternity program www.pscml.com.au

Perth Central & East Metro 9376 9200
Suicide prevention, homeless outreach www.pcemml.org.au

South West WA 9842 9322
Chronic pain management program www.sw-medicarelocal.com.au

Bentley Armadale
9458 0505
Wide range of Aboriginal programs; incl Wangen Murdun Aboriginal Health Information Service; see website www.bamml.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

Emergency

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

Department of Health WA 9222 4222
or 1800 022 222
For medical advice, after-hours GPs, Consumer Health Services Directory www.health.wa.gov.au

Health/Medical Services

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

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

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

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

my body

getting healthy

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

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

Freemantle
Freemantle Streetdoctor 9319 0555
www.freemantlemedicarelocal.com.au

North Perth Metro
9201 0044
Stop smoking program www.pnml.com.au

Perth South Coastal
9439 9500
Diabetes education, Aboriginal specific stop-smoking program & maternity program www.pscml.com.au

Perth Central & East Metro 9376 9200
Suicide prevention, homeless outreach www.pcemml.org.au

South West WA 9842 9322
Chronic pain management program www.sw-medicarelocal.com.au

Bentley Armadale
9458 0505
Wide range of Aboriginal programs; incl Wangen Murdun Aboriginal Health Information Service; see website www.bamml.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

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Poisons Information Centre 13 11 26
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WA Office 9427 9900
24 hour health advice phone service www.healthdirect.org.au

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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
North Metropolitan Health Service 9346 3496
Delivers health care services to the North Metro, Perth
www.nmahs.health.wa.gov.au

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

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

Men’s Groups
Wembley
Creating Men’s groups

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

Moorditj Djena
North 9406 7702
South 9495 8300
17 Clinics throughout Perth Metro Perth Metro Podiatry and diabetes services. Includes education and assessments and help with the cost if you need special shoes

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

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

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

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

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

Regional Services

South West Aboriginal Medical Service (SWAMS)
A Nyoongar Organisation, delivering culturally appropriate holistic health services
www.swams.com.au

SWAMS Bunbury Clinic: 9726 6000
Freecall 1800 779 000
Medical services/GP practice: bulk billing, by appointment or walk-in, cancer and diabetes early detection programs, immunisation, home-visits

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

Geraldton Regional Aboriginal Medical Service 9566 6555
Specialise in Aboriginal health, bulk bill. 60 Riflerange Rd Rangeway Geraldton

GP Down South:
Local Health. Our Business.
The provision of health services in the Peel and South West regions of Western Australia
Peel 9581 3352
30 Manila Parkway Mandurah East
Southwest 9754 3662
Unit 3/69 Duchess St Busselton
Regional Services cont.

Population Health
Esperance  9071 0400
An Aboriginal Liaison Officer - full time, provides services in Esperance

Down South Aboriginal Health (DSA AH)
Home visits, assistance with specialist appointments and chronic disease, quit smoking groups, travel assistance, attend appointments with you

Collie  9734 3581
Hospital Deakin St
Harvey [available 2 days only]  0438 381 994
Unit 5/5 Hayward St
Manjimup  9771 2260
Unit 7 & 8/32 Rose St
Busselton  9754 3662
3/69 Duchess St

Peel Mobile Health Service  9581 3352  or 0417 320 396
Peel - Pinjarra, Waroona, Dwellingup, Boddington. Van travels around providing health services, including doctor, diabetic educator, counselling and health promotion

Great Southern Aboriginal Health Service
Albany  9892 7222
Katanning  9821 6317
Health check-up for Aboriginal and Torres Strait Islander men

Patient Assisted Travel Scheme (PATS)
Wheatbelt  1800 728 792
Esperance  9071 0801
Freecall Southwest  1800 823 131
Midwest  9956 2216
Great Southern  1800 728 747
Peel  9586 4413
Provides a subsidy towards the cost of travel and accommodation for eligible patients travelling long distances to seek certain categories of specialist medical services

WA Country Health Service
Contact point for all the regional hospitals within each particular country regions

Metro Admin Office  9223 8500
Toll-free  1800 629 028
Wheatbelt  9621 0700
Region including Northam, Moora, Merredin, Narrogin, Southern Cross and York.

SW Health  9781 2350
Region including Yarloop, Augusta, Warpole
Great Southern  9892 2672
Region includes Albany, Denmark, Katanning and Mount Barker

Specialist Medical Conditions/Information

Diabetes WA
Perth Metro  www.diabeteswa.com.au

Diabetes Information and Advice Line (DIAL)  9325 7699
or 1300 136 588

Yarn - Up About Diabetes
Aboriginal Health team presents education sessions to groups

Cancer Council of WA  13 11 20
Delivers a range of services and programs in cancer prevention, early detection, and patient and carer support across WA
www.cancerwa.asn.au

AIDS - Line  9482 0044
Information and referral line

WA AIDS Council  9482 0000
Information and education on prevention and treatment of HIV/AIDS and other STI's
www.waaids.com

M Clinic  9227 0734
HIV and STI testing clinic for men who have sex with men
www.mclinic.org.au

Safe Sex No Regrets  9482 0000
Safer sex, condom use and STI transmission, treatment and prevention
www.safesexnoregrets.com.au
Family Planning WA
Sexual Health Services 9227 6177
www.fpwa.org.au

Positive Aboriginal and Torres Strait Islander Network

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

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

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

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

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

Cardiovascular Risk Calculator www.cvdcheck.org.au

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

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

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

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

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

General

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

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


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

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

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

Lifestyle

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

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

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

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

Aboriginal and Torres Strait Islander people

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

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

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

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

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

Cardiovascular Risk Calculator www.cvdcheck.org.au

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

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

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

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

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

General

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

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


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

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

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Team-based, outdoor activity and healthy eating program www.getontrackwa.com.au
Lifestyle cont.

Federation of WA Bushwalkers
9384 5505
www.bushwalkingwa.org.au

F00Dcents Healthy Eating Program
9388 4355
Tips for a healthy diet on a healthy budget
www.foodcentsprogram.com.au

Men’s Resource Centre
9841 4777
Albany
Pitstop wellness checks
www.mensresourcecentre.org.au

Nutrition Australia
6201 0469
www.nutritionaustralia.org/wa

M5 Project Men’s Preventative Health
Proactive and preventative men’s health initiative
www.m5project.com.au

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

Sport

Nyoongar Sports Association  9249 5221
Malaga
Perth metro, SW, Wheatbelt and Great Southern
Designs and delivers culturally appropriate sports
programs and projects. Can assist with sport and
recreation program start ups
www.nyoongarsports.com.au

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

The Australian Council for Health,
Physical Education and Recreation
(ACHPER)  9383 7708
Information on programs and activities, as well as
resources on maintaining a healthy lifestyle
www.achperwa.asn.au

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

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

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

Langford Aboriginal
Association Inc. (LAA)  9451 1424
Beat It! Live longer
Indoor fitness activities with a Personal Trainer.
15 Imber Pl Langford
Tuesday and Saturday mornings

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

Department of Sport
and Recreation WA  9492 9700
News, facilities, camps, workshops, lists of sporting
organisations  www.dsr.wa.gov.au

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

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

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

Swan Emergency Accomodation Karnany 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

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.johncurtisingallery.curtin.edu.au and www.tjyllyungoo.com.au

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

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.johncurtisingallery.curtin.edu.au and www.tjyllyungoo.com.au

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

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

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

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

Mental Health Fellowship of WA (MIFWA)
Family Support Program  9250 2884
Midland
North metro - A family approach to assist families to rebuild relationships and link to local services  www.mifa.org.au

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

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

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

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

South West Aboriginal Medical Service (SWAMS)  9726 6000
A Nyoongar organisation, delivering culturally appropriate holistic health services.
Unit 1/14 Rose St Bunbury  www.swams.com.au

Social and Emotional Wellbeing  9791 2779
Counselling for suicidal thinking & self harming behaviours
1 Teede St Bunbury

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

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

Personal Helpers & Mentors Program (PHaMs)
Wheatbelt  9574 9800
Supporting people whose lives are severely affected by a mental illness. Regional Home Care Services
Suicide - At Risk

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

Mental Health Emergency Response Line 1300 555 788 Rural (24 hour) 1800 552 002
Rural Link Psychiatric Emergency Team 1800 552 002 Freecall (for hearing impaired callers) 1800 720 101

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

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

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

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

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

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

Suicide - Bereaved

ARBOR Grieving Aboriginal Way 9263 2150 or 9266 1029 Telephone counselling, all of WA. Home visits, all Perth Metro. We are here to walk alongside people who have lost loved ones to suicide. A culturally appropriate counsellor can spend time with community, offer short to medium term counselling, home visits, and link you to a Yarning Support Circle www.arborsupport.org.au

Grieflink www.grieflink.org.au

SOSBSA (Survivors of Suicide Bereavement Support Association) 1300 767 022 If no answer, call Suicide Callback Service 1300 659 467 For those who have lost loved ones to suicide. We know the shock and trauma of what you are going through and are here to let you know you can and will survive, even though you may not believe it at this time. There will be better days www.sosbsa.org.au

Shadows of Suicide Support Group (SOS) 92284488 or 93815725 For people who have experienced the suicide of a relative or a close friend enabling them to express their feelings in a safe; supportive environment www.samaritanscrisisline.org.au
Alcohol & Other Drugs

24 Hour Confidential Helplines

Alcohol and Drug Information Service
9442 5000
Country toll-free 1800198 024
Statewide - Call us if you are feeling down and out and having trouble with drugs and alcohol and need to talk to someone outside of the family. This is a confidential service that is staffed by professional experienced drug and alcohol counsellors.

Parent Drug Information Service
9442 5050
Country toll-free 1800 653 203
Statewide - If your kids or grandkids are having trouble with drugs and alcohol, talk to a counsellor or another parent.

Quitline 13 78 48
Statewide - Quitline counsellors are very experienced in helping people stop or reduce their smoking. www.quitnow.gov.au

Alcohol & Other Drugs

Aboriginal Alcohol and Drug Service 9221 1411
Perth metro - Holistic and culturally sensitive alcohol and drug counselling, family and domestic violence counselling, parenting and anger management programs, drug and alcohol withdrawal and rehabilitation programs. 211 Royal St East Perth. www.aads.org.au

Drug and Alcohol Office 9370 0333
Statewide - Referral to alcohol and other drug counselling services, help for offenders, therapeutic groups, referral to rehabilitation and other treatment services in Perth, education and information for community groups and industry. Culturally secure services available. www.dao.health.wa.gov.au

Holyoake 9416 4444
Country toll-free 1800 447 172
Counselling & Support Victoria Park, Midland, Northam, Narrogin. Information, counselling, group work and support services for individuals and families affected by drugs. www.holyoake.org.au

Drumbeat
Perth metro and Wheatbelt - A therapeutic program using rhythm, offered as an alternative to “talk based” therapies.

South West Community Drug Service Team 9721 9256
Busselton, Collie, Margaret River, Bridgetown, Manjimup. Confidential and culturally secure individual and family counselling and support for people experiencing difficulty as a result of their own or others alcohol and/or other drug use. Community education and information sessions for schools, community groups and industry. 109 Beach Rd Bunbury. www.sjog.org.au/bunbury

Palmerston Association Inc 9328 7355
South Metro 9842 8008
Great Southern
Community based counselling services for individuals and families in Perth, Fremantle, Rockingham, Mandurah and the Great Southern and residential services in a semi-rural setting south of Perth; community education, art therapy and support for parents/families. www.palmerston.org.au

Cyrenian House 9328 9200
A rural bush setting, half hour north of Perth. Cyrenian house provides a high level of cultural safety; provides assistance for long-term emotional, physical and spiritual problems related to the use of drugs and alcohol. www.cyrenianhouse.com
Alcohol and other drugs can weaken your spirit and your connections with family, community and country.

- **Spirit Strong**
  - Family Strong
  - Community Strong
  - Country Strong

- **Spirit Weak**
  - Family Worried/Angry
  - Community Worried
  - Country OK

- **Spirit Gone**
  - Family Sad
  - Community Sad
  - Country Alone

- **People Who Do Not Use**
- **People Who Use A Bit**
- **People Who Use A Lot**
- **People Who Use All The Time**

© Drug and Alcohol Office (see inside back cover)
Alcohol & Other Drugs cont.

Alcoholics Anonymous 9325 3566
or 1300 2222 22
Geraldton Help - Line 0402 226 655

St Andrews Anglican Church Hall
259 Barker Rd Subiaco Sat 7pm - 8:30pm
We welcome all our people; Noongars, Wongi, Yamatji, Martu and Kimberley mob into the fellowship, where you can find freedom in the spiritual journey of healing and a way of life free from alcohol.

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

Centre Care 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

My Violence
Relationships Australia 1300 364 277
www.wa.relationships.com.au

Family Abuse Integrated Response (FAIR)
Perth Metro - For those who have been violent/abusive within the family; provides a respectful place where men can develop new ways and change their behaviour toward family

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

West Australian Substance Users Association (WASUA)
West Perth 519 Murray Street 9321 2877
Bunbury 97 Spencer St (entry via Rose St) 9791 6699
Outreach to Margaret River, Busselton, Donnybrook, Collie, Manjimup, Harvey, Boyanup, Dalyellup (call Bunbury office for details)
Provides support, education and advocacy to people who use illicit substances; thus reducing associated harms and hazards
www.wasua.com.au

Midland PCYC 9274 1918
Part of the Federation of Police and Community Youth Centres
Midland and surrounds - Supports youth and families with youth programs, community sport and recreation, food parcels, addressing of substance use, referrals; from 7am Mon - Fri with various closing times.
11 Byers Rd Midland
Contact: midlandpcyc@wapyc.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

Good Websites

Alcohol Think Again
www.alcoholthinkagain.com.au

Strong Spirit Strong Mind

Injury Control Council of WA

My Violence

Relationships Australia 1300 364 277
www.wa.relationships.com.au

Family Abuse Integrated Response (FAIR)
Perth Metro - For those who have been violent/abusive within the family; provides a respectful place where men can develop new ways and change their behaviour toward family

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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

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

Centre Care Problem Gambling
Helpline (24hr) 1800 622 112
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 Humphnes, Ben Haywood (Runner)
My Violence cont.

Communicare Domestic Violence Support Services
www.communicare.org.au
Families Without Fear 9251 5777
For people who would like to improve how they interact with their partners and families where there has been violence. Includes group programs and individual counselling; internet/telephone counselling

Breathing Space 9439 5707
A live-in program for men who have been abusive to partner/family. 3 months accommodation, confidential groups and counselling to help change behaviour. 35 Kenton Way Calista

Breathing Space DV Outreach 9439 5707
Statewide
A similar service to Breathing Space, but Outreach help is provided in own home, provides links into other services support change

Centrecare 9325 6644
www.centrecare.com.au
Men’s Domestic Violence Helpline 9223 1199
1800 000 599
For men who are concerned about the effects of their behaviour on the people they love, work and spend time with. Counselling, crisis response and referrals

Family & Domestic Violence Services (Choosing Respect) 9325 6644
Perth (Ring for referral to other areas). Perth, Joondalup, Mirrabooka, Bunbury, Esperance, Goldfields

Anglicare WA www.anglicarewa.org.au
Changing Tracks
East Perth Joondalup Albany
9263 2050
9301 8550
9845 6666
For men to address family and domestic violence to ensure safety for their families

MensTime
East Perth Joondalup
9263 2143
9301 8550
A program designed to assist, empower and educate men on a variety of issues, and develop their own self reliance.

South West Aboriginal Medical Service 9726 6000
A Nyoongar Organisation, delivering culturally appropriate holistic health services, including Indigenous Family Safety Program. Unit 1114 Rose St Bunbury www.swams.com.au

Victim Support Service 9425 2850
1800 818 988
Email vss@justice.wa.gov.au
Offers confidential counselling and support services to victims of crime provided by professional counsellors and trained volunteers.

Barndimalgu Court 9921 3722
Specialised court for Aboriginal offenders of family and domestic violence in Geraldton. Cases are heard in private by a Magistrate and Aboriginal Community Court members.

Mensline 1300 789 978
National Telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way www.mensline.org.au

“Young men begin to heal when their wounds are washed in the tears of old men.”
Akram Azimi (b: 1987 Afghanistan) Young Australian of the Year 2013
Nowanup
Greening Australia WA secured the Nowanup property (130 km NE of Albany) in 2004 as part of the Gondwana Link program to re-connect the Stirling Range and Fitzgerald River national parks. Since then there has been an impressive range of programs, led by Noongar man Eugene Eades. Each year 2 - 3,000 people benefit from the mix of cultural, social, educational and rehabilitation work. There is a particular focus on supporting young Noongar people, through personal development and building connection to country.

Healing
Act Belong Commit 9266 3788
Links to activities www.actbelongcommit.org.au
Bringing Them Home Committee (WA) Inc 9260 9800
East Perth
Reconciliation organisation dedicated to meeting the needs of the Stolen Generations. Monthly meetings, call if interested in participating www.bringingthemhomewa.com/about
my spirit getting strong

Healing cont.

Red Dust Healing
Tom
0419 489 275
Randal
0407 739 685
Coffs Harbour
National, where possible. Written from an Indigenous perspective for Indigenous Men and their families: targeted at the heart and not the head, understands that grief and loss are the foundation of all hurt
www.thereddust.com

Madjitil Moorna
0409 116 460
Led by Aboriginal and Torres Strait Islander musicians, the choir sings in language and in English

Indigenous Communities Education & Awareness (ICEA)
Reconciliation inspired by young people, through harmony and mutual respect
www.iceafoundation.com.au

Injury Control Council of WA (Inc) (ICCWA)
9420 7212
Healing through the Map
www.iccwa.org.au

Marumali
[To put back together]
07 4036 2374
0447 767 275
Based on a unique model of healing developed by Aunty Lorraine Peeters, a survivor of the removal policies herself
www.marumali.com.au

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

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

Noongar Radio
Perth
9228 0606
9228 2688
Perth
Perth’s Aboriginal radio, entertains and informs whilst promoting Noongar people, language, arts, music and culture.
www.noongarradio.com

100.9fm

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

100.5fm
Did you know...
You could get help to pay for up to 10 sessions of counselling!

You might need counselling if you:
● are using drugs and alcohol
● have lost someone close to you
● are feeling very sad or worried
● if you are having a lot of trouble sleeping

Can I get help with paying for the counselling?
● You can get help under the ‘Medicare Better Access’ Initiative
● You need to 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 it’s 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
Mooditj Marmun

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.

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

Education

Marr Mooditj Training Inc  9351 9344
Freecall  1800 771 757
Educates Aboriginal people to deliver health care and community services in a culturally appropriate manner; maximise employability of students.
295 Manning Rd Waterford
www.marrmooditj.com.au

Abmusic  9458 9077
Abmusic's role is to create a positive environment that promotes teamwork, self-esteem and independent learning utilising all fields of music
www.abmusic.org.au

Noongar Wankaniny  6140 2380
Tuart Place Fremantle
Noongar language classes: Call to find out current classes

Indigenous Psychological Services  9362 2036
Community suicide intervention programs
www.indigenouspsychservices.com.au

Goomburrup Aboriginal Organisation  9721 3004
Greater Bunbury Kaditj Kaditj Driving School; providing driver safety training, practical driving lessons and access to logbook vehicles and supervising drivers if required
www.goomburrup.com.au

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 cont.

Jacaranda Community Centre  9477 4346
Defensive driver training, computer training
146 Epsom Ave Belmont
www.jacarandacommunitycentre.org.au

Life Academy  9301 1234
Joondalup
WA  Aboriginal Scholarship scheme. Courses incorporate both western medical and Aboriginal healing philosophies and practices. Provides holistic training to groups to support health and well-being in communities; courses in Aboriginal Mental Health First Aid www.life-academy.com.au

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

Djiti Djiti Aboriginal School  9724 9444
Serves the needs of Noongar children of Bunbury; culturally sensitive teaching

David Wirrpanda Foundation  9242 6700
Contact for metro and regional locations where courses are currently offered www.dwf.org.au

P242 Plan 2day42morrow
Focuses on indigenous youth who are keen to enter the workforce and require some extra support.

Deadly Culture
Industry specific cultural awareness training

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

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

Cookies Challenge in the Workplace
Challenge your employees to take up Troy’s Health and Leadership program; can be tailor made for your workplace

Clontarf  9251 0666
Waterford
Statewide - A place of learning and understanding that respects Aboriginal culture and spirituality and encourages students to reach their dreams www.clontarf.wa.edu.au

Linkwest WA  9228 9000
Statewide
Make the link to your local community, neighbourhood and learning centre
www.linkwest.asn.au/centres

Abstudy (Centrelink)  1800 132 317
Statewide
Helps with costs for Aboriginal and Torres Strait Islander Australians who are studying or undertaking an Australian apprenticeship
www.humanservices.gov.au

Yirra Yaakin Theatre Company  9202 1966
Next Step Training Initiative
Workshops, touring programs and hands-on production experience for Aboriginal Artists
www.yirrayaakin.com.au

Noongar Employment Enterprise Development  Aboriginal Corporation (NEEDAC)  9791 7377
SW of WA.
Learn to drive with a driver training machine (simulator)
3 Rose St Bunbury www.needac.org

Injury Control Council of WA  9420 7212
Promoting safe, healthy communities. Educational programs; Map of Loss healing program for Aboriginal people www.iccwa.org.au
Karnany Aboriginal Centre  9274 7929
Drop-in centre that offers resources and referrals including education on money management. 25 Spring Park Rd Midland  www.swanea.com

Challenger Institute of Technology
‘One Sky, Many Paths’ Indigenous Youth Leadership Program
Lee-Anne Habel  9599 8622
Mobile  0409 378 679
Peter Mann  9599 8757
Mobile  0467 742 534
Course developed by Aboriginal people, free to eligible applicants, receive a Certificate II in Leadership Development on completion. Website: go to ‘Youth’ and ‘Programs’  www.dlgc.wa.gov.au

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

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

Wardan Aboriginal Cultural Centre  9756 6566
Offer programs to introduce students to Indigenous Culture: meets requirements of Aboriginal Studies Curriculum of Education Department of WA; presented by Aboriginal instructors in a hands-on manner that is both informative and entertaining  www.wardan.com.au

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

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

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

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

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

Kaata - Koorliny Employment and Enterprise Development Aboriginal Corp. (KEEDAC)
Narrogin  9881 6666
Federal St
Northam  9622 8211
331 Fitzgerald St
Great Southern - Drop-in if you have a problem; education and training, support, resource and referral centre, utility bill assistance

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

getting involved

Work cont.

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

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

www.peedac.com.au

Halo Leadership 9418 5228
South metro or 0416 753 305
Culturally specific service for youth; peer mentoring, advocacy, links; enables individuals to design their own futures and make a difference in their communities.

The Joe Cooper Centre
MacFaul Park Falstaff Cres Spearwood
www.haloleadership.com.au

Indigenous Business 9229 1400
Australia or 1800 107 107
Statewide - Assist Indigenous Australians with small business

www.iba.gov.au

Noongar Employment Enterprise
Development Aboriginal Corporation [NEEDAC] 9791 7377
Bunbury
Driver training, mentoring, parent and carer support

www.needac.org

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

www.southcoastnrm.com.au

Indigenous Construction Resource Group [ICRG] 6188 7300
Statewide - Indigenous focused mining services company; works closely with regional Aboriginal communities and has an extensive Indigenous labour network across Australia

www.icrg.com.au

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

www.ngurrabarna.org.au

Aboriginal Workforce Development Centre
Perth 9222 6535
Level 2 166 Murray St
Bunbury 9192 6763
Podium Level Bunbury Tower 6 | Victoria St
Geraldton 9964 6345
Margaret House Bill Sewell Complex Chapman Rd
An Aboriginal specific service, we connect jobseekers with employers and service providers


Indigenous Community Volunteers 9228 9151
Freecall 1800 819 542
Assist Aboriginal communities by linking appropriate volunteers with projects

www.icv.com.au

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

www.theculturalconnectioncode.com

Kuditj Café/Kitchen 9228 0614
Perth’s only Aboriginal owned, operated café; trains Aboriginal people in hospitality.

201 Beaufort St Perth  www.kuditj.com.au

Nyaarla Projects 9259 5700
Statewide - Indigenous company; education, training, employment, business plans

www.nyaarla.com.au
Arts

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

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

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

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

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

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

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

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

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

Same - Sex Attracted

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

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

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

the mooditj marmun book  39
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, sistergirls, transgender, people who inject drugs, people in custodial settings, sex workers and transient/mobile populations - in HIV education, prevention, treatment, care and support www.ana.org.au

2 Spirits
Lesbian, Gay, Bi - sexual, Trans Indigenous Health
Freecall 1800 177 434
Improving the sexual health of Aboriginal gay men and sistergirls; education, prevention, health promotion and community development www.qahc.org.au/atsi

Safe Sex No Regrets 9482 0000
Safer sex, condom use and STI transmission, treatment and prevention www.safesexnoregrets.com.au

M Clinic 9227 0734
HIV and STI testing clinic for men who have sex with men www.mclinic.org.au

Gay & Lesbian Lobby Group (GALE)
GALE is WA’s peak gay and lesbian rights lobby group, working to enhance and defend equality for the GLBTI community www.galewa.asn.au

The Freedom Centre 9228 0354
Provides a safe social space, peer support, information and referral for young gay, lesbian, bisexual, transgender, intersex, queer and questioning youth, under 26 yrs Open for QCulture on the 3rd Thursday of each month, 5 - 8pm www.freedom.org.au

St Andrew’s Anglican Church 9381 1130
Lgbtq+ men, bisexuals and trans people will find acceptance and affirmation. 259 Barker Rd Subiaco www.siriol.net/standrews

Accommodation

Noongar Mia Mia 9271 8711
Seville Grove, Clarkson, Mandurah, Midland, Armadale, Medina, Gosnells Provide and manage housing for Aboriginal people within Perth metropolitan area www.noongarmiamia.com.au

Southern Aboriginal Corporation 9842 7777
Provide and manage housing for Aboriginal people in lower Great Southern WA

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

Derbal Bidjar Hostel 9371 9090
Maylands
Culturally safe, temporary accommodation for people accessing medical services

Allawah Grove 9279 6646
South Guildford
Transitional accommodation for Aboriginal people

Coolabaroo 9490 4333
Maddington
Transitional housing and support for Aboriginal families at risk of homelessness

Daydawn Advocacy Centre 9218 8035
Perth
Culturally safe support and advocacy for housing issues www.daydawn.org.au

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

Outcare 6263 8622
Short-term accommodation for ex-offenders. 27 Moore St East Perth www.outcare.com.au

Swan Emergency Accommodation
Transea Family Service 9250 5256
Midland
Short and medium term supported accommodation www.swanea.com
Accommodation cont.

Indigenous Business Australia 9229 1400 or 1800 107 107
Statewide - Assists Indigenous Australians towards home ownership  www.iba.gov.au

AccordWest 9729 9000
Freecall 1800 115 799
Bunbury, Busselton, Mandurah

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

Bunyap 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

Legal

Aboriginal Mediation Service 9264 6150
Toll-free 1800 045 577
Department of the Attorney General
Perth
Assistance to increase communication between disputing parties and resolve conflict  www.dotag.wa.gov.au

Aboriginal Visitors Scheme
Department of Corrective Services 6254 8600
After Hours 1800 282 429
Perth
Aboriginal staff visit prisons providing support and counselling. Families concerned about a relative in custody can contact directly  www.correctiveservices.wa.gov.au/rehabilitation

Equal Opportunity Commission
9216 3900
Perth
Investigates allegations of unlawful discrimination on grounds such as race, impairment, sex  www.eoc.wa.gov.au

Outcare 6263 8622
Provide emotional support to visitors, information on prison procedures  www.outcare.com.au

Aboriginal Legal Service of WA 1800 019 900
Geraldton, Kalgoorlie, Northam, Perth, Bunbury, Albany - Provides legal aid services to Aboriginal people throughout WA  www.als.org.au

Legal Aid 1300 650 579
Fremantle, Midland, Bunbury, Perth, Kalgoorlie, Albany, Geraldton - Information about criminal law, prison visiting, family, youth, domestic violence services  www.legalaid.wa.gov.au

Community Legal Centres 9221 9322
Perth Broome, Carnarvon, Geraldton, Kalgoorlie, Kununurra, Port Hedland. Subsidised legal advise for low income earners; see “Legal Centres’ CLC Directory” for a list of Centres  www.communitylaw.net

Aboriginal Family Law Services 9355 1502
Corporate Office. 9328 9384
Funded legal and counselling service for victims of family violence and/or sexual assault who are Aboriginal or whose partner or children are Aboriginal

Indigenous Families Court Support 9477 4346
Belmont and other on request - Supporting children and their families with the police and court system  www.jacarandacommunitycentre.org.au
Indigenous Law Centre  
NSW  
www.ilc.unsw.edu.au

AccordWest 9729 9000  
Freecall 1800 115 799  
Bunbury, Busselton, Mandurah

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

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

Finance

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

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

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

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

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

Indigenous Business 9229 1400  
Australia or 1800 107 107  
Statewide - Assists Indigenous Australians to get involved with investment opportunities  
www.iba.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)

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

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

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

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

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

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

AccordWest 9729 9000  
Freecall 1800 115 799  
Bunbury, Busselton, Mandurah

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

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

The Disability Services Commission
- Freecall: 1800 998 214
- Local Area Coordination: assists people to plan, organise and access services for their disability

People with Disabilities
- 9485 8900 or 1800 193 331
- Peak disability organisation run by and for people with disabilities

Disability Services Commission Freecall 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

### Perth Home Care Services
- 9204 7800
- Perth metro - In-home support for elderly people

www.phcs.org.au

### Regional Home Care Services
- 9920 7600
- Geraldton, Toodyay, Broome, Carnarvon
- Wheatbelt, Midwest and surrounding areas

www.phcs.org.au

### People Who Care
- 9379 1944
- North and South West metro
- Culturally sensitive disability service, transport to appointments, counselling, advocacy

www.peoplewhocare.org.au

### Rise Network
- 6274 3700
- People with Disability
- Middle Swan
- Mundaring, Kiara - Provides short term respite to those caring for a person with a disability

www.risenetwork.com.au

### Peedac Disability Employment Service
- 0428 981 775
- Cannington 9351 2201
- Clarkson 9407 2500
- Joondalup 9406 4600
- Midland 9278 3200
- Mirrabooka 9207 5400
- Provides culturally sensitive job seeking assistance to people with a disability, injury or health condition

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

Jim Morrison

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

Noel Nannup

"If our rivers are not healthy then neither are our people."

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

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

**Centrecare**  
www.centrecare.com.au

**General Counselling Service**  9325 6644  
Perth, Esperance, Joondalup, Kalgoorlie, Mirrabooka, Southwest  
For people experiencing personal, relationship or family problems

**Centrecare**

**Family Relationship Centre**  9436 0600  
Midland, Wheatbelt, Goldfields  
Information for families at all stages; starting relationships, strengthening relationships, experiencing difficulties and those separating. Indigenous advisors available

**Family Relationship Centres**  
Bunbury Geraldton Joondalup Mandurah Midland Perth  
For services including dispute resolution whilst separating. To find nearest Family Relationship Centre, visit website or call Family Relationship Advice line (below)

www.familyrelationships.gov.au

**Family Relationship Advice Line**  1800 050 321  
A telephone advice line assisting families with relationship or separation issues; for parents, grandparents, children, young people, step-parents or friends  
8am - 8pm Mon - Fri and 10am - 4pm on Sat

**Yorgum Aboriginal Family Counselling Services**  9218 9477  
East Perth  
Perth metro - Yorgum provides a nurturing, culturally safe team; provides counselling for issues of sexual assault, crisis/trauma, grief and loss and Aboriginal identity counselling. Specialised cultural therapeutic practises  
www.yorgum.com.au

**Southcare**  9450 6233  
Como, Karawara, Kensington, Manning, Salter Point, South Perth, Waterford - Provides relationship counselling  
www.southcare.org.au

**Relationships Australia**  
Moorditj Yarning  1300 364 277  
Culturally safe counselling for family and relationship issues, grief and loss. One-to-one or groups  
www.wa.relationships.com.au

**Mensline Australia**  1300 78 99 78  
National (24hrs)  
Telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way  
www.mensline.org.au

**Communicare**

**Counselling Services**  9251 5777  
Perth, Cannington, Rockingham and Bunbury  
Support for depression, anxiety, anger management, grief and loss and and relationship issues  
www.communicare.org.au

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

**Bunbury Social and Emotional Wellbeing**  
Bunbury  9791 2779  
Narrogin  9881 6487  
Bunbury, Narrogin and surrounds Pinjelly, Wagin, Caballing, Katanning - Culturally secure counselling and support

**Men's Groups**

**Maamam 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 Pl Langford

**Maamum Danjoookoorlny 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
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 opportunites has several programmes and partnerships operating from the centre - ring for more info

Miya Kaadadjiny Learning Sanctuary Community Centre Inc
Selina 0419 047 009
Girrawheen
Open to all Aboriginal people. Cooking, craft, sewing, and gardening; all Aboriginal family members welcome; no need to ring first. Sun 4.30pm – 6.00pm (except during school holidays) Behind Girrawheen High School - take 2nd drive - way down to demountable

South Lake Ottey Family and Neighbourhood Centre 9417 2372
Friendly meeting place, Indigenous health program, Indigenous Artist in Residence, Indigenous Playgroups. Phone for info or just drop in. 2A South Lake Dr South Lake Mon - Fri 8:30am - 4pm

WA Men’s Sheds 1300 550 009
Safe, friendly and welcoming. Work on meaningful projects and contribute to the community www.wamsa.org.au/mapofwasheds

Moorditj Mia Program 6274 3750 or 0417 929 915
Koongamia
All swan region - For Indigenous people who may beat risk of isolation in the community; arts and craft, outings and yarning; any age welcome. Men’s shed also running

Langford Aboriginal Association Inc. (Laa) 9451 1424
Aboriginal Community Centre with free programs; Phone, internet and fax use for a small fee. 15 Imber Pl Langford

Live Longer Community Garden
Come together with other Aboriginal families and relax while gardening together; connect with nature and with each other

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

Grief And Loss Workshops
Support you to face the loss of someone or something important; talking about your feelings and concerns can help. Dinner and creche provided
Dumbartung Aboriginal Corporation - Nyoongar Cultural Resource Agency 9451 4977
We strive to empower the healing of our people’s lives and communities through cultural initiatives that strengthen the spiritual identity and create a sense of belonging.
295 Manning Rd Waterford (Clontarf site)
www.dumbartungaboriginalcorporation.org

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

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

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

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

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

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

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

Jobtrain Aboriginal Mentoring Service 9351 2200

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

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

Indigenous Employment Program (Outcare) 6263 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

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Southcare</td>
<td>9450 6233</td>
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<tr>
<td>Manning and surrounds. Support programs for parents</td>
<td><a href="http://www.southcare.org.au">www.southcare.org.au</a></td>
</tr>
<tr>
<td>KOYA Aboriginal Corporation</td>
<td>9360 1771</td>
</tr>
<tr>
<td>Swan Region</td>
<td></td>
</tr>
<tr>
<td>“Maambart Maam” Pindi Pindi Aboriginal Fathers Project</td>
<td></td>
</tr>
<tr>
<td>Support for men around parenting men's group and day trips; a chance to talk to other fathers</td>
<td><a href="http://www.koya.org.au">www.koya.org.au</a></td>
</tr>
<tr>
<td>Anglicare WA</td>
<td></td>
</tr>
<tr>
<td>Joondalup, Rockingham, Gosnells, Mandurah, Bunbury, Albany, East Perth</td>
<td><a href="http://www.anglicare.org.au">www.anglicare.org.au</a></td>
</tr>
<tr>
<td>Mums and Dads Forever</td>
<td>9263 2104</td>
</tr>
<tr>
<td>Helps separated parents manage conflict and act in the best interest of their children</td>
<td></td>
</tr>
<tr>
<td>Fathers Empowering Sons</td>
<td>9263 2050</td>
</tr>
<tr>
<td>Supports dads to develop healthy relationships with their sons (aged 6 - 12 yrs)</td>
<td></td>
</tr>
<tr>
<td>Fathering After Separation</td>
<td>9263 2121</td>
</tr>
<tr>
<td>Seminar for fathers to build/strengthen/reestablish relationships with children after separation</td>
<td></td>
</tr>
<tr>
<td>Dads@Lifeline</td>
<td>9261 4451</td>
</tr>
<tr>
<td>East Perth</td>
<td></td>
</tr>
<tr>
<td>Provides support to fathers and their children after separation or bereavement</td>
<td><a href="http://www.lifeline.org.au">www.lifeline.org.au</a></td>
</tr>
</tbody>
</table>

### Indigenous Parent Factor

<table>
<thead>
<tr>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>9394 0063</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>For Indigenous parents aiming to help their children’s home learning</td>
</tr>
</tbody>
</table>

### Meerlinga - Aboriginal Parent Support Service

<table>
<thead>
<tr>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>9377 7922</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Works alongside parents to support them in developing parenting knowledge and skills.</td>
</tr>
</tbody>
</table>

### Swan Emergency Accommodation

<table>
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<tr>
<th>Phone</th>
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<tbody>
<tr>
<td>9274 7929</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Midland and surrounding areas - Drop - in centre that offers resources and referrals including a Strong Fathers program</td>
</tr>
</tbody>
</table>

### Aboriginal Early Years

<table>
<thead>
<tr>
<th>Phone</th>
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<tbody>
<tr>
<td>6279 1200</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>or 1800 654 432</td>
</tr>
<tr>
<td>Lesley Murray</td>
</tr>
<tr>
<td>Carol Michie</td>
</tr>
<tr>
<td>Culturally safe opportunity to prepare children for school and parents to build on their parenting strengths. Playgroups available</td>
</tr>
</tbody>
</table>

### Mentoring cont.

<table>
<thead>
<tr>
<th>Program</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Youth Mobility Program (IYMP)</td>
<td>9259 5700</td>
</tr>
<tr>
<td>Metro (Willetton)</td>
<td></td>
</tr>
<tr>
<td>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</td>
<td><a href="http://www.nyaarla.com.au">www.nyaarla.com.au</a></td>
</tr>
<tr>
<td>Halo Leadership</td>
<td>9418 5228</td>
</tr>
<tr>
<td>or 0416 753 305</td>
<td></td>
</tr>
<tr>
<td>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</td>
<td><a href="http://www.haloleadership.com.au">www.haloleadership.com.au</a></td>
</tr>
<tr>
<td>David Wirrpanda Foundation</td>
<td>9242 6700</td>
</tr>
<tr>
<td>Leederville</td>
<td></td>
</tr>
<tr>
<td>Regional according to funding - Provision of training, educational programs and mentoring. See ‘Education’ for full details of programs</td>
<td><a href="http://www.dwf.org.au">www.dwf.org.au</a></td>
</tr>
</tbody>
</table>

### Ngala Dads WA

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>9368 9379</td>
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<tr>
<td></td>
</tr>
<tr>
<td>Kensington, Belmont, Midland, Rockingham, Merriwa, Noranda Assists men to gain the skills needed for them to be involved in parenting and fatherhood</td>
</tr>
</tbody>
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</table>
Transea Strong Fathers Program 9250 5256
Midland
Supporting Aboriginal fathers with children (from birth to 12 yrs)

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

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

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

Parenting WA Guides Website
Aboriginal Parenting WA Guides

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

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

Youth

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

Samaritans Youth Line (24hrs) 9388 2500

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

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

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
www.risenetwork.com.au

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

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

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

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

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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

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

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

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

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

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

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

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**Avon Youth Community & Family Services.**
Northam 9622 2612
Narrogin 9881 6001
Moora 9653 1454
Merredin 9041 3594
Drop-in centre, support and referral, emergency relief; housing support, holiday programs
www.avonyouth.org.au

**Busselton Margaret River Youth Service**
Kristy 0437 616 340
Unit 3 Albert Square, Albert St, Busselton on Tuesdays & Wednesdays
Sars 0498 689 063
33 Tunbridge Rd Margaret River on Mondays
www.jsw.org.au

**Indigenous Communities Education & Awareness (ICEA)**
Reconciliation inspired by young people, through harmony and mutual respect
www.iceafoundation.com.au

**Ignite Basketball** 9399 0462
or 0418 417 580
Armadale and surrounding areas
Games and coaching, healthy meals and safe transport; mentoring, referral and case management; self-development including leadership development, public speaking, anger management and conflict resolution

**AccordWest** 9729 9000
Freecall 1800 115 799
Bunbury, Busselton, Mandurah

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

**Youth Substance Support**
Support and counselling services to young people in Bunbury, Busselton and Margaret River to enable them to address their drug and alcohol issues and reduce the risk of infectious disease. www.accordwest.com.au

**Midland PCYC**
9274 1918
Part of the Federation of Police and Community Youth Centres
Midland and surrounds - Supports youth and families with youth programs, community sport and recreation, food parcels, addressing of substance use, referrals; from 7am Mon - Fri with various closing times.
11 Byers Rd Midland
Contact midlandpcyc@wapcyc.com.au

**Online Support**
Reach out www.reachout.com.au
Eheadspace www.eheadspace.org.au
Youth beyondblue www.youthbeyondblue.com or 1300 22 4636

**Aged**

**Advocare Aboriginal Access Program** 9479 7566
Perth metro - Advocacy and referral for Aboriginal people aged 50+. Support for those being mistreated by family/friends
www.advocare.org.au

**Armadale Home Help**
**Moorditj Services** 9399 9511
South East Metro
Culturally specific assistance for elderly to remain in own home; shopping, housework and transport; yarning and craft groups

**Perth Home Care Services** 9204 7800
Perth metro
In-home support for elderly people
www.phcs.org.au

**Regional Home Care Services**
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
We don’t belong in prison. Let’s work together to break the cycle and keep our families and Culture strong.

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

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

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

The Kwobarup Centre Based Day Program (Hacc). 9314 6363
Hamilton Hill
Indigenous specific activities program, including art, outings and lunch for people aged 45+ and people with disabilities. www.cockburn.wa.gov.au

Stay On Your Feet WA 9420 7212.
Education and referral information to promote healthy active ageing to prevent falls in the older age group in the community. www.stayonyourfeet.com.au

Rise Network 6274 3700
Providing in-home support, transport, connection opportunities and respite for elderly people. www.risenetwork.com.au

Websites

The Yarning Circle
Join a Yarning Circle; have a Yarn with old friends and meet new friends too (online) www.theyarningcircle.com/about

South West Aboriginal Land and Sea Council
Native title representative body of the Noongar people www.noongar.org.au

Australian Indigenous Health Infonet.
A wide range of Aboriginal resources www.healthinfonet.ecu.edu.au

Australian Indigenous Health Infonet. Yarning www.healthinfonet.ecu.edu.au/key-resources/yarning-places

ABCs Message Stick
The latest Indigenous News from around the country www.abc.net.au/message/news

Magabala Books
Indigenous publishing house, Broome; has received many national achievement awards and works to preserve and promote Australian Aboriginal culture www.magabala.com

Marumali Healing Camps and Education
Based on a unique model of healing developed by Aunty Lorraine Peeters, a survivor of the removal policies herself www.marumali.com

Recognise
The movement to recognise Aboriginal and Torres Strait Islander peoples in Australia’s Constitution www.recognise.org.au

Creative Spirit
Culturally respectful site giving In-depth, quality information about our first Australians; including extensive catalogue of Indig books, movies, music www.creativespirits.info

Bringing Them Home WA
Truth, healing, justice & reconciliation www.bringingthemhomewa.com

Stolen Generations Alliance www.sgalliciance.org.au

Indigenous Human Rights Network of Australia (IHRNA)
Do you want to get active? www.ihrna.info

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

Yirra Yaakin Theatre Company
Reading Stories Program A website/digital library to preserve stories from the Aboriginal community. Come forward and share your story! www.indigenousstories.com.au

Australian Government Office of the Registrar of Indigenous Corporations
A list of Aboriginal Corporations within WA www.oric.gov.au

Books

Historical Books [UWA Press]

It’s Still in My Heart, This is My Country: The Single Noongar Claim History South-West Aboriginal Land and Sea Council John Host with Chris Owen
The largely untold, unknown and assumed extinct history and culture of the traditional owners of the South West of WA
Books cont.

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

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

For Their Own Good: Aborigines and Government in the South West of Western Australia 1900–1940.
Anna Haebich
A powerful and moving history of Aboriginal people in the south west of Western Australia

Kids Books

A Home for Bilby Joanne Crawford
Illustrated by Grace Fielding

Bip the Snapping Bungaroo
Narelle McRobbie Illustrated by Grace Fielding

Fiction

Grace Beside Me Sue McPherson

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

Ruby Moonlight Ali Cobby Eckermann

Long Time Now Alf Taylor

Us Mob Walawurru
Lisa Wilyuka, David Spillman

Non fiction/Biography

Jandamarra and the Bunuba Resistance
Howard Pedersen, Banjo Woorumurra

The N Word Stephen Hagan

Busted Out Laughing Beryl Harp, Dot Collard

My Place Sally Morgan

Mind, Body Spirit

Footprints Across Our Land
Various, Jordan Crugnale

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

Movies & Documentaries

Kanyini
First Footprints
Ten Canoes
Australian Rules
The Tracker
Rabbit Proof Fence
Blackfellas
Backroads
Black and White
The Fringe Dwellers
Where the Green Ants
Dream
Walkabout
Yolnga Boy
Gulpilil - One Red Blood
Radiance
Mad Bastards
Bran Nue Day
The Sapphires
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Coordinator and editor Dennis Beros

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Shaun Nannup for his support.
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Kim Collard of Kooya Consultancy, Cliff Collard of WA Govt. Drug and Alcohol Office,
Julie Jackson of Dept Sport and Recreation, Deb Costello of Injury Control Council of WA,
Christine Scoggin of Aboriginal Art Centre Hub

And: Brett Hill, Sue Dempster, Graeme Mitchell, Philipa O’Brien, Lance Chad, Chris Malcolm, Russell
Pulford, Michael Woodhouse, Nick Abraham, Dr. Mick Adams, Mark Allen, Greg Bentley, Wayne
Bynder, Nathan Coleman, Graham Ellis-Smith, Gen Gongora-Mesas, Chantal Harris, Les Wallem,
Gerard Lockyer, Colin Philips, Barry McGuire, Liza McGuire, Walter McGuire, Jeannie Morrison,
Dwayne Shaw, Emily Taylor, Garry Taylor, Trish Wall, Joanne Walsh, Amanda Keesing, Dr Julie Owen.

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Please send your recommendations for the next update to:

mooditjmarmun@man.org.au

Check the website for updated information.

www.man.org.au

Request hard copies of The Mooditj Marmun Book

mooditjmarmun@man.org.au

Current as at April 2014

App now available for iPhone.
Search iTunes for Mooditj Marmun