



OUR MESSAGE TO YOU

You are deadly.
Your culture, your
story, your life and
your voice matter.

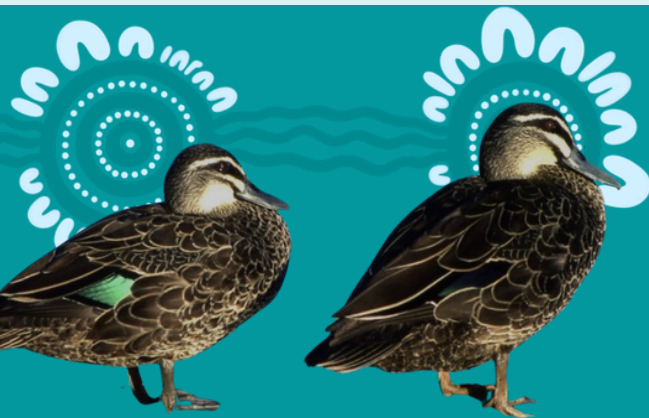
You are strong.

You are loved.

You carry the strength
of your Ancestors and
community.

You are valued.

You belong, and you
are never alone.



SUPPORT SERVICES

Kids Helpline National

1800 55 1800

Lifeline National

13 11 14

Beyond Blue National

1300 22 4636

13YARN Aboriginal & Torres Strait Islander support

13 92 76

NSW Mental Health Line

1800 011 511

Suicide Call Back Service

1300 659 467

QLife (LGBTQI+ support)

1800 184 527

OR

REACH OUT TO US FOR A YARN

Natasha Brunhuber | Culture Care
& Mental Health

 0493 797 546

 CCC@KATUNGUL.ORG.AU



CULTURE CARE CONNECT

KEEPING OUR MOB SAFE AND STRONG



KATUNGUL

IN PARTNERSHIP WITH



NACCHO
National Aboriginal Community
Controlled Health Organisation

CULTURE CARE CONNECT

Culture Care Connect is here to hold Aboriginal and Torres Strait Islander peoples through tough times and support mob to stay strong and connected.

This program has been designed to walk alongside individuals, families, and groups who may be going through emotional and spiritual distress, big life challenges and changes, or sorry business, offering support that is caring, grounded in culture, and led by community.

We believe in your strength, resilience, and the power of culture to heal and protect. You are at the centre of our approach.



You are not alone

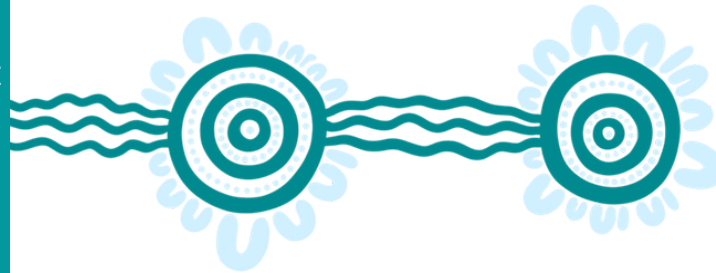
HOW WE WALK WITH YOU

Keeping Our Mob Safe and Strong:

Supporting wellbeing and connection through culture, community and care.

Healing Support: Providing emotional, cultural, and practical support.

Self-Determined Journeys: Designing your own cultural plan for your healing and wellbeing.



Community-led: Decisions made by mob, for mob.

Holistic Care: Supporting mind, body, spirit and surroundings.

Wrap-around family support and care: Offering culturally grounded support that surrounds you and your family with care, understanding, and guidance.

You are strong, deadly,
and valued

WHAT WE CAN OFFER

HEALING & WELLBEING

- Healing circles
- One-on-one yarning
- Mindfulness and grounding
- Strengths-based support

CULTURE & CONNECTION

- Creative healing through:
 - art,
 - weaving,
 - and other cultural activities of choice.
- On Country activities

FAMILY AND COMMUNITY

- Community workshops
- Cultural camps
- All-day and half-day gatherings

REFERRAL PATHWAYS

- Referrals to trusted, culturally safe services, for example:
 - health workers,
 - counsellors,
 - specialist services,
 - and other Katungul programs.

We are here for you