



JOB VACANCIES

- Family Violence Case Management Practitioner
- Integrated Family Service Practitioner

Contact People & Culture for more info

MEDICAL CLINIC HOURS

Please note that changes to days/hours can occur at any time so please contact our medical receptions for availability.

HEYWOOD

Mon	9 - 5	Dr Wilson (phone only)
Tues	10 - 4	Dr Kerr
Wed	9 - 5	Dr Wilson
Thur	9 - 5	Dr Wilson
Fri	9 - 5	Dr Wilson (phone only)

HAMILTON

Mon	9 - 5	Dr Wilson (phone only)
Tues	9 - 5	Dr Wilson
Thur	9 - 5	Dr Kerr
Fri	9 - 5	Dr Wilson (phone only)

Note: Dr Wilson works 3 weeks on, 1 week off.
Unavailable 24-28 Feb, 24-28 Mar

ALLIED HEALTH SERVICES

Allied Health Services are available to community members including massages, podiatry, optometry, and audiology.

Share your Feedback

- Compliments
- Complaints
- Comments

Help us improve our services



WHAT'S ON THIS MONTH!

WEEKLY ACTIVITIES

- Tue Breakfast Club (Hey)**
8am - 8:30am
starts Tue 11 Feb
- Wed Willarn Playgroup (Ham)**
starts Wed 12 Feb, info to come
- Building The Dream (Hey)**
starts Wed 12 Feb, info to come
- Building The Dream (Ham)**
starts Wed 12 Feb, info to come
- Thu Willarn Playgroup (Hey)**
starts Thu 13 Feb, info to come
- Elders Group (Hey/Ham)**
11am - 2pm
see calendar inside
- Fri Recovery Group (Ham)**
11am - 1pm
- TBC Youth Drop-In Centre (Ham)**
dates TBC, info to come
- Youth Drop-In Centre (Hey)**
dates TBC, info to come
- Women's Group (Ham)**
on hold

OTHER ACTIVITIES

- TBC Young Women's & Men's Groups (Hey/Ham)**
info to come
- Mon 3 SALO Visit (Ham)**
& **Wed 26** 10am - 3:30pm
- Thu 13 SALO Visit (Hey)**
& **27** 10am - 3:30pm
- Thu 13 Healthy Eating on a Budget (Ham)**
10am - 2pm
- Thu 20 Mouthguard Program (Warrnambool)**
Apts from 2-4pm

ALLIED HEALTH

- W/Th/F Counselling**
Wed 10am-3pm (Ham)
Th/F 9am-4pm (Hey)
- Mon 3 Maternal Child & 17 Health Nurse (Hey)**
9am - 5pm
- Tue 4 Optometrist (Hey)**
9:30am - 3:30pm
- Thu 6 Podiatrist (Ham)**
1:30pm - 5pm
- Fri 7 Optometrist (Ham)**
9am - 12pm
- Tue 8 HRH Dietitian & 18 Diabetes Educator (Hey)**
9am - 5pm
- Wed 12 Massage (Hey)**
10am - 3:30pm
- Thu 13 VAHS Dental (Melb)**
All day
- Thu 13 Respiratory Clinic (Hey)**
9am - 5pm
- Thu 13 Dietitian (Ham)**
1pm - 5pm
- Fri 14 Massages (Ham)**
10am - 4:30pm
- Wed 26 Hearing Australia**
9:30am - 3:30pm (Hey)

COMMUNITY DINNER

- Wed 12 Heywood 5:30pm**
21 Scott St
- Tue 25 Hamilton 5:30pm**
39 Hammond St

CONTACT US

Heywood (Main Office)
P: 03 5527 0000

Heywood (Medical)
P: 03 5527 0060

Hamilton (Medical)
P: 03 5527 0090

Heywood (Main Office & Medical)
21 Scott St (PO Box 42)
Heywood VIC 3304

Land Management
598 Henty Highway
Portland VIC 3305

Hamilton (Medical Clinic)
107 Thompson St
Hamilton VIC 3300

Hamilton Community Services & Family Services Office
39 Hammond St
Hamilton VIC 3300



Find us on Facebook/Instagram!

www.windamara.com.au

STAFF UPDATE

FAREWELL DR FOX!

In December we held our last Community Dinner in Hamilton for the year to farewell Dr Fox!

Dr Fox has spent many years working with Winda-Mara and has been an important part of building our medical clinic facilities to what they are today.

He has a passion for Indigenous Health and hopes that the next generation of GPs share that enthusiasm.

Having only a recently reached 49 years in service as a GP, we thank Dr Fox for his commitment to the health and wellbeing of not just our mob, but the wider community also.

We wish him the best of luck in his retirement!



VACANT POSITIONS

FAMILY VIOLENCE CASE MANAGEMENT PRACTITIONER

Full-Time, Heywood/Hamilton

We're looking for someone to support Aboriginal and Torres Strait Islander families with complex needs, helping them achieve stability, safety, and positive outcomes for their children.

You'll provide case management, connect families to parenting and mentoring resources, and work closely with other family services, including Kinship. Building strong relationships with community and government organisations will be key to creating the best outcomes for families.

If you're passionate about making a real difference and have experience in family services, especially with culturally diverse communities, we'd love to hear from you.

Applications for this position closes 5pm Monday 17 February 2025.

INTEGRATED FAMILY SERVICES PRACTITIONER

Full-Time, Heywood/Hamilton

This role provides intervention and case management supports to victims of family violence and their families.

Key responsibilities include providing a service for Aboriginal and/or Torres Strait Islander adults, children and young people who have experienced family violence, provide a response in 1:1 and/or group setting that is trauma-informed and client-focused to community members and families who have been exposed to or have experienced family violence, and support individuals with referrals to supports and services that will assist in their individual healing journeys and recovery.

This role will develop individual case plans with clients, assessing their needs and goals in a client led and holistic approach.

Applications for this position closes 5pm Friday 14 February 2025.

For all positions at Winda-Mara, we strongly encourage Aboriginal and/or Torres Strait Islander people to apply.

Visit www.windamara.com.au/employment to view the position descriptions. For enquiries and to apply, please email peopleandculture@windamara.com



Apply today!



JANUARY 26 EVENTS

January 26 is never an easy day for First Nations people as it is our Day of Mourning. This year, we had community events happening in both Portland and Hamilton.

Down on the coast, the day started with a sunrise ceremony for Gunditjmara mob to come together on Kilcarer-Gunditj Mirring (Country) to honour our survival, pay respects, and flip the narrative.

Our mob created a place to celebrate resilience and survival openly, in a place where it isn't always safe to. In its 9th year, this is a place for healing by being on Country and coming together with our family and our ancestors, recognising The Fighting Gunditjmara and how we have survived.

The sunrise ceremony was followed by a community event open to all which was an opportunity for both Indigenous and non-Indigenous people to come together in solidarity with events across the country that honour the survival and strength of all Aboriginal and Torres Strait Islander cultures. This was a day for reflection, unity, and celebration.

The day included community speakers and local music and artists sharing their talents and it created a space of respect, inclusion, and positivity for all who attended. These events lead by our youth and guided by the wisdom and trust of our Elders have created an inclusive space to grow, evolve and hopefully inspire other communities to do the same.



View full video here:



All images/video stills are owned by Blackground Productions
www.blakgroundproductions.com.au



In Hamilton we celebrated under the shade of the PAC Forecourt, with a BBQ, live music and activities for all to enjoy.

With a warm and staunch Welcome to Country given by Auntie Claudette Lovett, leaders of the Gunditjmarra community spoke about the importance of the day and what it means to come together to create a better future by learning and understanding the past.

We had Uncle Mookeye Bell talk about the future for our children and the First Peoples' Assembly of Victoria with Treaty negotiations underway.

Auntie Tina Wright spoke about her mother's journey through being a part of the Stolen Generation and the adversities her family face today with the current justice system forcibly removing kids from country, further obstructing their cultural connections, learnings and journey with their mob.

Singer Jayden Lillyst discussed the importance of making connections and the culture before colonisation highlighting the significance of the lineage of First Nations people predating colonisation and how Aboriginal people are still here after all the atrocities the ancestors faced.

With emotions running high, those in attendance were encouraged to start being the strong voices in the

community and to continue being allies for the First Nations community. There were those who we thanked for their bravery to speak out and face the backlash that the day brings.

With over 100 people attending, it was a day filled with laughter, tears and hard conversations; this demonstrated just how far we have come since colonisation but how far we still must go to achieve our goals.

After a big group photo and a deadly feed, the event ended with our children showing us their skills on the dancefloor.

We thank those who were in attendance, even if it was only for a moment. The First Nations community will always appreciate support for our people.



Hundreds gather in Hamilton

By PAUL CONNELLY



ON Gunditjmarra Country in South West Victoria, more than 100

people gathered in the forecourt of the Hamilton Performing Arts Centre, for this year's Survival Day activities, eclipsing last year's inaugural event numbers significantly.

Event organisers spent many months meeting and curating the event under the incredible leadership of emerging elder, Stacyee Charles.

"I want to thank everyone for coming out and making this a special event, both Mob and our Allies," Ms Charles said. "This is an important day for our community and this land was never ceded, we are a proud people and we have survived due to our strength, resilience and determination"

A Welcome to Country was conducted by Auntie Claudette Lovett, who reminded those gathered what Survival/Invasion Day means to First Nations peoples.

"It's about the loss of a generation on colonisation," Auntie Claudette said.

"It's about understanding and appreciating the very country we live in today, acknowledging those lost,



Event organiser Stacyee Charles.

who fought hard. The innocent were killed at a young age, before they could crawl even," she said.

Surviving

"Today is about surviving, surviving the atrocities, surviving the disrespect, the criticism, the racism, because if you think that supporting such behaviour is ok, then check yourself, you wouldn't allow or tolerate it in your own home."

Uncle Mookeye Bell said the healing process of the effects of colonisation is important.

"Truth, speaking the truth, that is what we want, it should be what every Australia wants," Uncle Mookeye said.

"We don't want our kids growing up not knowing the truth. You know, as a kid I went to school and was told that Captain Cook discovered Australia, and I would go home, you

were told no he didn't, it was confusing, so it is our job to ensure that our kids are not confused," he said.

"It is important that we are here today to celebrate our continued existence as Gunditjmarra people"

Kyle Ellis, one of the event organisers spent most of his morning on January 26 dealing with online racist comments, while trying to also prepare for the days activities.

But Kyle is a strong proud Gunditjmarra man, and with the knowledge that the community has his back, was able to rise above the racists and bigots, and speak truth to their lies online.

Those gathered on the day, both Mob and allies came together as one, to recognise and mourn a dark chapter in Australian history, but to also celebrate the continued survival of the First Nations peoples of this nation.

Music for the day was provided by Jayden GunditjMan Lillyst, who kept the crowd entertained as they ate the food prepared by Master Indigenous Chef and Arabana Woman, Corina Stewart.

Plans are already being made for next year's event as this year's saw the crowd size almost triple from last year.



A group gathers for Survival Day in Hamilton, Victoria.



Indigenous liaison officer Jo Westall and Michelle Ellis.



Jayden GunditjMan Lillyst performed.



River artist and performer.



Uncle Mookeye Bell.

COMMUNITY DINNER

2025 DATES

HEYWOOD

Wednesdays 5:30pm

21 Scott St

- ^ 12 February
- ^ 12 March
- ^ 9 April
- ^ 14 May
- ^ 11 June
- ^ 9 July
- ^ 13 August
- ^ 10 September
- ^ 8 October
- ^ 12 November



HAMILTON

Tuesdays 5:30pm

39 Hammond St

- ^ 25 February
- ^ 25 March
- ^ 22 April
- ^ 27 May
- ^ 24 June
- ^ 22 July
- ^ 26 August
- ^ 23 September
- ^ 21 October
- ^ 25 November

COMMUNITY SERVICES

SHERIFF ABORIGINAL LIAISON OFFICER VISITS

HAMILTON
10am - 3:30pm
107 Thompson St

- ^ Mon 3 Feb
- ^ Wed 19 Mar
- ^ Wed 26 Feb
- ^ Wed 9 April

HEYWOOD
10am - 3:30pm
14 Lindsay St

- ^ Thu 13 Feb
- ^ Thu 27 Feb
- ^ Thu 20 Mar
- ^ Thu 10 Apr
- ^ Wed 20 Apr

Also available at DWECH Portland: 12 Feb, 5 Mar, 26 Mar, 16 Apr

- ^ Help for all fines and Sheriff inquiries
- ^ Help with outstanding fines and warrants
- ^ For Aboriginal & TSI community members

CONTACT

Richard Bamblett on 0411 832 580
richardbamblett@windamara.com

ELDERS ACTIVITIES FEBRUARY 2025

Thursdays 11am

- ^ 13 Feb Visit to Worn Gundij Nursery Warrnambool
- ^ 20 Feb Crafts and other activities Hamilton
- ^ 27 Feb Day Trip to Dartmoor



All Elders activities are for both Heywood and Hamilton Elders

HEYWOOD CONTACT
Aunty Ros Pevitt
0431 786 995

HAMILTON CONTACT
Jacqui Primmer
0434 032 231

EXPRESSIONS OF INTEREST TUTORS WANTED!

CONTACT
Sarah Wilson
sarahwilson@windamara.com

- 👉 General subjects – Numeracy & Literacy
- 👉 Primary & Secondary School aged children
- 👉 Preferably have experience working with children in schools
- 👉 Flexible with days/times
- 👉 Looking to start ASAP

Please email your expression of interest to Sarah by Friday 14 February

TERM 1 PROGRAMS more details to come



**BUILDING
THE DREAM**

- 👉 Breakfast Club
Tuesday 11 Feb
- 👉 BTD Heywood
Wednesday 12 Feb
- 👉 BTD Hamilton
Wednesday 12 Feb

WILLARN PLAYGROUP

- 👉 Heywood
Thursday 13 Feb
- 👉 Hamilton
Wednesday 12 Feb

YOUTH DROP-IN CENTRE

Both towns are to be confirmed, more details to come

BACK TO SCHOOL & FAMILY DAY

BACK TO SCHOOL DAY EVENT - ANOTHER SUCCESS!

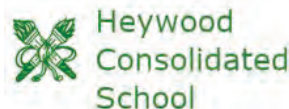
Our Community Services team put together yet another deadly event with our Back To School Day helping to get our young mob ready for their first day back for 2025.

The day included some back to school goodies, some deadly information from local services and Koorie organisations, getting a flash new haircut and participating in our Colour Run!

Thanks so much to all the services who came along or contributed and made it such a deadly day!



VICTORIA POLICE







HOLIDAY PROGRAM

We had plenty of deadly activities over the January school holidays including the Karreeta Koorngong Maar Surf Program in partnership with the Victorian Indigenous Surfing Program and Surfing Victoria.

We also had our ongoing Junior Ranger Program activities working with Glenelg Hopkins CMA and our Land Management team learning about local landscapes and planting trees down at the Portland foreshore, and a fun day out at Cape Bridgewater making the most of the nice weather!





FAMILY CENTRED APPROACH PROGRAM

The Family Centred Approach program aims to empower and further strengthen Aboriginal families with an individual member engaged in or at risk of engagement with the justice system.

The service will support the families of a range of groups, depending on the needs in the region.

This role will leverage the natural role and strength of Aboriginal families, with culture as a critical protective factor for all family members, to support better outcomes for individual family members.

There will be a range of supports available to families and/or through referrals to local services. The type of supports and intensity will vary depending on the needs of the family and the region where the service model is being delivered.

Examples of supports that may be provided include building understanding and knowledge of the justice system, system navigation, case planning and management, and cultural capacity building.

Service support areas

- Families Involved with the Justice system
- Case Co-ordination support
- Gap identification and support
- Brokerage support
- Justice Navigation
- Referral Service
- Housing Support – where Applicable
- Family Violence support
- Cultural Connection Planning and Support
- Return to Country support and Advocacy
- Family Planning
- Help addressing Crisis Issues
- Goal Setting and Assessment
- Job Seeking and Job Readiness Support

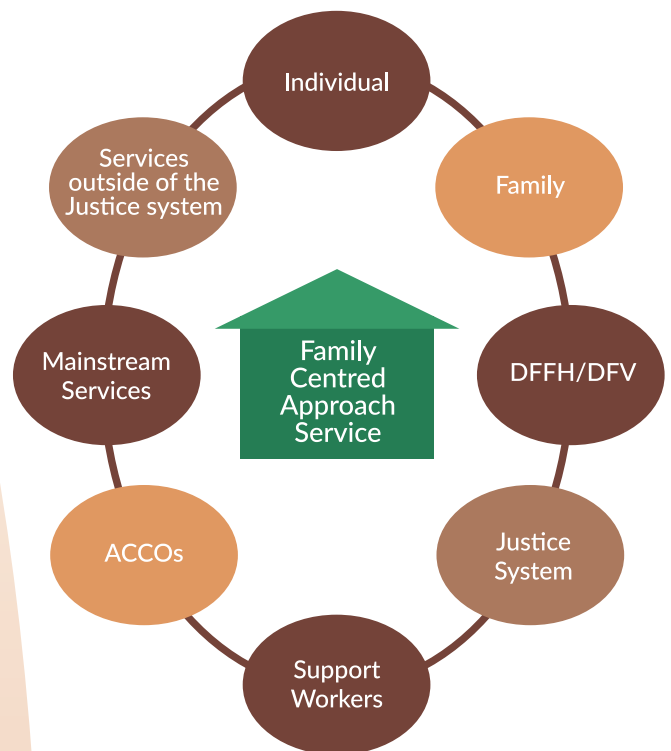
ELIGIBILITY

Families at risk of Youth and Adult Justice System involvement in the Heywood, Portland, Hamilton and surrounding support areas.

Types of service include group-based work, family mediation, Elder input and warm referrals.

Eligibility, intake and assessment will use a whole of family and strengths based approach. Once a family has been referred into the service, there will be an assessment process to identify and agree on family goals and support needs.

The safety of individual family members will be a priority throughout.



Richard Bamblett
FCA - Case Co-ordinator
03 5527 0000
richardbamblett@windamara.com

Vacant Position
FCA - Cultural Broker
03 5527 0000

HEALTH

ALLIED HEALTH VISITS

PODIATRIST (Ham)
Thursdays 1:30pm - 5pm
6 Feb | 6 Mar | 10 Apr

DIETITIAN (Ham)
Thursdays 1pm - 5pm
13 Feb | 13 Mar | 3 Apr

VAHS DENTAL (Melb)
Thursdays
13 Feb | 13 Mar | 10 Apr

RESPIRATORY CLINIC (Ham)
Thursdays
13 Feb | 13 Mar

OPTOMETRIST
Tuesdays (Hey) 9:30am-3:30pm
4 Feb | 1 Apr
Fridays (Ham) 9am-12pm
7 Feb | 7 Mar

HEARING AUSTRALIA
Wednesdays 9:30am-3:30pm
26 Feb (Hey) | 26 Mar (Ham)

HRH DIETITIAN & DIABETES EDU
Tuesdays 11am-12pm (fortnightly)
4 Feb | 18 Feb | 4 Mar | 18 Mar | 1 Apr

MASSAGES
Weds 10am-3:30pm (Hey) 12 Feb | 12 Mar
Fris 10am-4:30pm (Ham) 14 Feb | 14 Mar

MATERNAL CHILD HEALTH NURSE
Mondays
3 Feb | 17 Feb

COUNSELLING
Weds 10am-3pm (Ham)
Thu/Fris 9am-4pm (Hey)

South West
Healthcare



Mouth Guard Program for Aboriginal Kids (Under 18)

The South West Healthcare Dental Team offers free mouth guards to Aboriginal children under 18, funded by the Aboriginal Programs department at South West Health Care.

To access the service, book an appointment by calling (03) 5564 4250.

Current Dates and Times:

20/02/2025 between 2:00pm and 4:00pm

20/03/2025 between 2:00pm and 4:00pm

Before your appointment:

- Complete the patient information form provided by your local Aboriginal service or obtain one at the dental clinic upon arrival, allow for extra time before your appointment to fill in the form.
- Ensure the form is signed by a parent/guardian.

On the day of your appointment:

- The clinic is located at South West Community Health, 287 Koroit St, Warrnambool.
- Upon arrival, enter through the main entrance, go down the stairs, and turn to reach the dental clinic (follow signs or ask the receptionist).
- The consultation will take approximately 10-15 minutes.



Our Aboriginal Health Worker Jess will be transporting kids from Heywood to Warrnambool on 20 Feb. If you would like your child to attend, please contact Jess as soon as possible on 5527 0064 or email jesslovettmurray@windamara.com

HEALTHY EATING ON A BUDGET

with our Dietician, Dr Danielle Lee

Thursday 13 February
10am-2pm

39 Hammond St Hamilton

CONTACT

Aunty Tina Wright on 5527 0090
or tinaw@windamara.com

- Learn how to eat healthy while sticking to your budget
- Ask our Dietician any food/diet questions you have
- Bring your own healthy recipes for our Healthy Cook Book
- Lunch will be provided



GET A PAIR OF KOORI KROCS!



Complete your 715 health check with Winda-Mara and receive a pair of Koori Krocs!

Health checks only take 45 mins

BOOK YOUR APPOINTMENT TODAY

Heywood 5527 0060

Hamilton 5527 0090 **Only Youth sizes available*



Yarn SMART Recovery Meeting

Yarn our Way, Heal Your Way: Yarn Smart

Fridays 11am | 107 Thompson St Hamilton

Come and yarn about gambling, drug & alcohol use, or any other behaviour of concern.

Open to any mob that would like to have a yarn in a supportive, no shame, group environment.

YARN SMART CAN HELP WITH

- 👉 Motivation
- 👉 Learning skills to cope with cravings
- 👉 Managing thoughts and problem behaviours
- 👉 Balancing lifestyle

CONTACTS

Kylie Briggs & Brad Sprague
0491 958 001 (Kylie)



Register here!

KOORI KARNIVAL

PRESENTED BY THE KOORI WAY, DWECB, GUNDITJMARA ABORIGINAL COOPERATIVE KIRRAE HEALTH SERVICE & WINDA-MARA ABORIGINAL CORPORATION

MAR 29

WARRNAMBOOL SHOWGROUNDS



This FREE Community event by Mob for Mob will include amusements, live music, blak markets, food, cultural activities and more, bringing Mob together for a fun day out, while promoting healthy smoke and vape free lifestyles.



PROPOSED VALS WILLS CLINIC



March 2025 (approx.) | Heywood or Hamilton

CONTACT

Margaret Ferguson
5527 0063
margaretf@windamara.com

VALS will be conducting a clinic next year to complete your Will. The clinic will run for two days and participants must commit to attending on both days.

Day 1 | Information presentation and appointments to draft documents

Day 2 | Participants review and sign documents

DETAILS TO PROVIDE FOR EOI

- ▲ Name
- ▲ Email
- ▲ Phone
- ▲ Town & Postcode
- ▲ Date of Birth



DRINK WELL

Deadly teeth need good drinks

- Tap water is the best drink for everyone – it keeps your teeth and body healthy
- Tap water contains fluoride which helps keep teeth strong and protects teeth against tooth decay
- Plain milk is also a healthy drink
- Drinking sugary drinks regularly can cause tooth decay
- Most popular drinks contain lots of sugar.

Health Promotion Unit, August 2020

EAT WELL

Deadly teeth need good foods

- Foods good for your teeth are also good for your body
- Choose fresh foods rather than processed foods. Sugar is added to many packaged foods – some you may not expect
- Snack on fruit and veggies
- Enjoy dairy foods like cheese and yoghurt – these are good for your teeth and bones
- Eating lots of sugary foods can lead to tooth decay.

CLEAN WELL

Deadly teeth need brushing twice a day

How to brush teeth:

- Use a small, soft toothbrush
- If under 18 months – NO toothpaste
- Children 18 months to 6 years – use a pea-sized amount of low fluoride toothpaste
- Brush in small circles – brush the outside, then brush the inside of the teeth
- To brush the back teeth, brush back and forth – the top teeth and bottom teeth
- After brushing spit out the toothpaste, don't rinse with water. The bit of leftover toothpaste keeps protecting teeth
- Brush in the morning and at night before bed
- Have a dental check up before 2 years of age. Public dental care is free for most children.

DID YOU KNOW

There are many dangerous chemicals in a cigarette including these common chemicals.

- ▲ Battery acid
- ▲ Disinfectant
- ▲ Shampoo
- ▲ Insect Spray
- ▲ Cleaning Spray
- ▲ Paint Stripper
- ▲ Coal
- ▲ Petrol
- ▲ Lead
- ▲ Nicotine
- ▲ Nail Polish Remover
- ▲ Flea Poison



To start your QUIT journey, contact our TIS Worker Niki on 5527 0039



YOUR ATSI HEALTH CHECK



- ✓ **Aboriginal and/or Torres Strait Islander**
 - ✓ **Have a Medicare card**
- You're eligible for a yearly ATSI Health Check!**

Supporting health with free annual health checks

This health check is important. It can help identify whether you're at risk of illnesses or chronic conditions. It's much easier to prevent these than to treat them, so catching them early can make a big difference.

If you have a chronic condition, your health check can help make sure you are getting the medication and care you need.

You can also ask your doctor about anything you're worried about or need help with.

Your doctor can only do this health check if you agree. You can have it every 9 to 12 months, and it's free at any Aboriginal Medical Service or bulk-billing clinic.

After your health check, your doctor can refer you to up to 10 free follow-up services if needed, like:

- a specialist or another health service
- a counsellor
- a service that works to prevent chronic conditions.

What happens at a free annual health check

Your health check can take up to an hour. As well as the doctor, you might also see a nurse, an Aboriginal or Torres Strait Islander health worker or another health practitioner. Your check will depend on your age and circumstances, but your health professional might:

- check your blood pressure
- check blood sugar levels
- measure your height and weight
- do a blood test
- do a urine test
- ask about the health of your family
- talk to you about your health priorities and goals
- do other tests, as needed.

Remember that it's your check, so have a yarn with your health worker about any worries you have.



Please contact our Medical Clinics to book your ATSI Health Check appointment today!
Heywood 5527 0060, Hamilton 5527 0090



**Your health is
in your hands!**

FAMILY SERVICES

CARER KAFE - FREE TRAININGS FOR CARERS IN FEBRUARY

Free carer trainings, free informational podcasts, and carer retreats. <https://carerkafe.org.au/>

Visit Carer Kafe



Carer Training and Resources

Specialist topics:

- 👉 Caring for the Carer: A Wellbeing toolkit for Carers
Thu 6 Feb 10am -12:30pm via Zoom
- 👉 Fostering resilience in children and young people in care.
Wed 12 Feb 10am - 11:30am via Zoom
- 👉 Emotional Intelligence and the importance of emotion coaching kids in care -Part 1
Thu 20 Feb 10am - 12:30pm via Zoom
- 👉 Caring for young people who self-harm
Tue 25 Feb 7pm - 9pm via Zoom

Courses:

- 👉 Caring for Aboriginal or Torres Strait Islander Children - Nikara's Journey (two day course)
Fri 21 Feb & Sat 22 Feb 9:30am - 3:30pm via Zoom

Kinship Carer Victoria Wellbeing Podcast:

- 👉 Connecting with Others (15mins) <https://www.podbean.com/ep/pb-jg8ud-1451759>
- 👉 Diet and Stress (23mins) <https://www.podbean.com/ep/pb-s9b7x-1451758>
- 👉 Relaxation Techniques for Carers (16mins) <https://www.podbean.com/ew/pb-qw4sw-1451757>
- 👉 Self-Care for Kinship carers and how to prevent burnout <https://www.podbean.com/ew/pb-bmiup-145175c>

Webinar for Kinship carers:

- 👉 Understanding Courts - <https://facebook.com/watch/?v=706538353621040>
- 👉 Enhancing home life through Regulations, Rhythm and Resilience - <https://youtu.be/vXPzqlljb3s>

This Webinar will help carers in:

- How to recognise their stress response and the stress response of the children and young people in their care
- Understanding the impact of trauma on the stress response
- Useful self-regulation and co-regulation strategies
- The importance of rhythm (and routines) for trauma-impacted young people
- Rhythmic activities to support regulation and resilience
- Developing family life routines (the rhythm of the day to day and week)

Every month the kinship team will be adding new Podcasts where you can hear from other kinship carers, psychologists, and doctors.

If anyone has any issues or needs help to enrol in the above trainings please contact Hannah Grayson on 0497 745 115 or Lita Aupa'au on 0467 706 908.

Have you ever thought about becoming a **RESPITE CARER?**

Call 03 5527 0000 to talk to our Family Services Team

Winda-Mara are in need of new Respite and Emergency Carers

Care can look how you want it to look. One weekend a month, once a fortnight, or time during the school holidays.

Help our kids remain connected to community, by supporting our long-term carers to give them a short break.

Kinship carers keep our children connected to **Family, Community and Culture.**

WINDA-MARA FAMILY VIOLENCE UNIT

ngootyoonooyt ba peeneeyt - 'safe and strong'

How can we help?

Assessing Risk & Safety Planning
Family Violence Education
Connection with Counselling & Support
Advocacy & Referrals
Making Your Home Safe
Connection with Legal & Court Support
Case Management - Long or Short Term



Free specialist family violence services to all members of our community who have experienced any form of family violence.

Contact for support

Aboriginal and Torres Strait Islander community members can contact our Family Violence team on 5527 0020. Otherwise, the Warrnambool Orange Door is the main entry point for people seeking family violence support. Call 1800 271 180.

Winda-Mara and the Orange Door do not provide a 24-hour crisis response service.

If you are in immediate danger call Triple Zero (000)

After-hours support

Safe Steps 1800 015 188	Djirra 1800 888 236
Lifeline 13 11 14	Men's Line 1300 789 978
1800RESPECT 1800 737 732	Dardi Munwurro 1800 435 799