



First Peoples' Healing Program

Supporting Our Carers, Strengthening Our Communities

Are you a First Nations carer supporting a loved one affected by alcohol, other drugs, or mental health challenges? Join our monthly First Peoples' Carers Program.

Program highlights:

- Education on substances
- Culturally safe, welcoming environment
- Yarning circles and peer support
- Practical workshops on self-care, wellness, and advocacy
- Support with navigating services and resources
- Self-care education.

Why join?

- Share your experiences in a safe and respectful space
- Build resilience and wellbeing
- Connect with others who understand your journey
- Access information, support, and cultural activities.

Where? Windana, Bunurong Country, 31 Playne Street, Frankston, or join online by scanning the QR code



Who can come? Aboriginal and Torres Strait Islander carers, family members, and supporters.

How to join? Contact Junelle Houston on 0466 496 600 or visit us at 31 Playne Street, Frankston on the day.

Upcoming dates:

Walk-ins welcome. Light refreshments provided.

Let's walk together on the path to healing.

Windana acknowledges the Traditional Owners of the land and pays respects to Elders past and present.

 **WINDANA**
Life. Changing.