



**Aboriginal
Health Council
of Western Australia**

Family Wellbeing

We are seeking Expressions of interest for our workshops



AHCWA are rolling out Family Wellbeing, Aboriginal specific workshops in the regions for 2024.

**Murchison/Gascoyne
East Kimberley**

**Perth Metro/South West
West Kimberley**

**Pilbara
Goldfields/ Central Desert**

Two-day workshops: includes sessions on Family domestic violence.
(Onsight counsellors attend these workshops)

Effective communication, understanding conflict, conflict resolution and the process of change.

- Unpacking basic/unmet needs
- Healthy vs unhealthy communication
- Conflict and conflict resolution
- How unresolved trauma can influence our daily lives
- Understanding relationships
- Family Domestic Violence.

This workshop is run, specifically for men and women **only** groups.

Empowering our Men, our leaders, our protectors

Men's Day 1 is a setting where a safe space is created to develop awareness, learning, activities and yarning.

Men's Day 2* is an excursion on country where the men come together and connect deeply with their surrounding – "Dadirri". Hunting or fishing, learning different skills from each other, cooking a feed over the fire or BBQ.

*Day 2 activities may change, depending on location or region.

Building our women's knowledge, resilience and empowerment

Women's Day 1 is a setting where a safe space is created to develop awareness, learning, activities and yarning.

Women's Day 2 for the women is healing activities, such as painting, basket weaving, jewellery making, cooking and sharing stories.

The importance of Day 2 is to process, consolidate what has been learnt and to create deeper connections and awareness around conflict and FDV.

Workshops will run from 9am-4pm
All workshops are fully catered for morning tea, lunch and afternoon tea.



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One-day workshops include:

(Onsight counsellors attend workshops)

1 Coping with grief and loss and managing emotional challenges

- Understanding loss
- Myths around loss and grief
- The different phases of grief
- The process of loss
- Cycle of our emotions
- Skills in dealing with grief and loss.

2 Integrate principles of wellbeing and effectively guide individuals, family and community through difficult times

- Understanding relationships
- Understanding ourselves & our emotions
- Expressing our inner self
- Balancing body and mind.

3 Understand and recognise mental health, stress and crisis management

- SEWB framework – connections
- Resilience building
- Skills in crisis
- Managing a crisis & stress
- Building our inner qualities.

For more information contact

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or scan the QR code to register



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**Government of Western Australia
Mental Health Commission**

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