



# Bagung ba Wadamba

## Gather and heal

*Strengthen your connection to culture and yarn with other Aboriginal and/or Torres Strait Islander women about issues that are affecting you.*

Join the Bagung ba Wadamba women's journey program to:

- connect or reconnect with culture in a safe, supportive and encouraging environment
- engage in cultural activities
- yarn about what matters most
- enhance your emotional and spiritual wellbeing.

During the first three days of the program, you will have the opportunity to be guided by a senior Aboriginal facilitator through the process of making a possum skin cloak.

You will learn **Wayapa Wuurrk**, an Aboriginal wellness practice that takes participants on a journey through Earth mindfulness, deep breathing and narrative movement. Wayapa invites you to meditate upon how the earth, spiritual ancestors and life were created; how the Earth breathes; and how we belong to it rather than it belonging to us.

On the fourth day of the program you will have the opportunity to speak with an Elder, discuss available support services and to share your experience and offer feedback about the program.

### Who

This program is suitable for women on Community Corrections Orders.

Please speak to your Corrections Case Manager for more information and to be referred into the program.

### When

10am - 4pm on 5, 6, 7, 8 March 2019.

### Where

Elders' Room, Bunjilaka Aboriginal Cultural Centre, Melbourne Museum  
11 Nicholson Street, Carlton VIC 3053.

### Cost

Free of charge.

*This program is provided as part of the Corrections Victoria Aboriginal Programs Unit's Kaka Wangity Wangin-Mirrie.*



**BOORNDAWAN WILLAM**  
ABORIGINAL HEALING SERVICE



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