

Yarn With Me

(For Carers)

The 'Yarn With Me' program aims to provide a consistent, culturally appropriate space for yarnning sessions. It seeks to aid in the healing journey of First Nations carers, build skills, and facilitate the development of social connections to community.

Topics covered in the program include self-care planning, sound healing meditation, journal making, art therapy and more!

Come along, yarn, share culture and enjoy healing activities together.



Meeting Times: Every Thursday

Drop in anytime during **10.00am - 12.00pm**

Where: Wadjuk Northside Aboriginal Community Centre
2 Finchley Crescent, Balga



Are you a carer?

If you are caring for a family member with disability, mental health challenges, chronic illness, drug or alcohol dependency or who is frail aged, then you are a carer.

Contact Us

To register your interest or for further questions about this service, please contact:

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