



# MULLUM MULLUM

Aboriginal Gathering Place

## REGULAR PROGRAMS RUN FROM FEB - NOV

### **Youth Culture Group (6-12 years old) - Wednesday FORTNIGHTLY**

A program for young Aboriginal and Torres Strait Islander children in Primary school. These sessions are for youth to connect with other Koori kids, connect with culture and generally have fun.

### **Youth Pathways (13-25 years old) - Thursday**

A program for young Aboriginal and Torres Strait Islander teen and adults. We aim to empower the youth through learning skills that they will require for adulthood.

### **Elder's Planned Activity Group (PAG) - TBC**

To promote social support for our elder's through connection, and inclusive social gatherings. To help our elder's maintain their sense of independence through a culturally appropriate manner.

### **Men's Group - Thursday**

To strengthen the cultural identity, their families and community of our Indigenous men through social gatherings. Our core focus is based on culture, recreation, and education to engage our men.

### **Strong & Cultural Women's Group - Friday**

Promoting healthy well-being and social activities to Indigenous women. An opportunity to share stories, ideas and connect in a therapeutic and culturally safe space.

### **Aunty Jackie's Pantry - Wednesday**

This is a food relief program that is run by both staff and volunteers to distribute fresh produce and other essentials to the community. Pantry also provides community engagement and an educational platform.

### **Yeng Gali Mullum - Monday**

A singing and story-telling group performing as a choir group at different events. The choir is an open and accepting group, both Indigenous and non-Indigenous singers perform.

### **Access & Support**

Assisting and supporting clients with staying independent, safe and well at home. Access and support help clients find the right services such as Centrelink, Health services, Housing & more.

**Our regular programs run throughout the year except during school holidays.**



## MONTHLY

### **Young Adults Dinner (18-25 years old)**

A place for our older youth to connect with community and culture.

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## MULLUM MULLUM INDIGENOUS GATHERING PLACE

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