

2025

Yamurrah Services

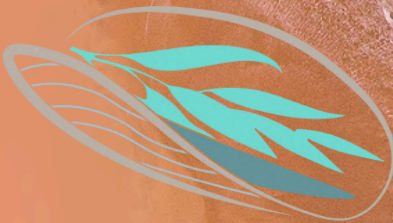
Training

Events

**Wellbeing |
Supervision**

Consultancy

**RISE
Probono
Services**



Yamurrah
Connections with care

About Yamurrah



Rowena Laurie
Director | PhD Candidate

Director's Message

It is with great pleasure that I introduce you to this comprehensive guide, which highlights our key areas across four vital domains: Wellbeing, Training & Development, Consultancy Services and RISE (Yamurrah's pro bono initiative).

At Yamurrah, we are dedicated to championing human rights, trauma recovery, and social justice. Yamurrah is a collective of First Nations people – we are culturally and professionally diverse, including nurses, social workers, psychologists, lawyers, teachers, academics, researchers, and artists. Our shared values of justice, integrity, collectivism, safety, respect, humility is at the heart of our work together.

In the Wellbeing domain, we offer supervision and counselling services that cater to the unique needs of our clients. Our commitment to enhancing well-being is reflected in our upcoming evidence informed, culturally rich and innovative training programs, set to launch across Australia in 2025. Among these are our Culturally Responsive Trauma-Informed Training and Leadership Legacies for Leaders and Managers. We are excited to announce our Revitalise - Wellbeing initiative, which aims to support holistic wellness. Stay tuned for new packages that will be unveiled soon, offering innovative practice solutions, and transformative and experiential learning environments.

The "Be About It" Women's Gala Event, is an annual gathering that celebrates the strength of women while providing opportunities for connection and empowerment and we welcome all women to join us as well as any organisations to support us. We offer a broad range of Consultancy services, and our RISE probono program is dedicated to provided support to victims and survivors of complex trauma, grief and loss and supports community initiatives.

Thank you for taking the time to explore this guide. We look forward to connecting with you on this journey.

In solidarity,
Rowena

Who we are and what we do

Yamurrah is a self determined, independent Collective of experienced and compassionate First Nations professionals committed to social justice, human rights, anti-racism, safety, healing and wellbeing.

One of our core beliefs is that culture and connection have the power to elevate people culturally, spiritually, physically, psychologically and socially. With a strong commitment to innovation and creative approaches, Yamurrah offers a diverse range of services designed to cater to your unique needs. Our Collective is well-versed in various modalities, ensuring that we can provide the most effective and personalised support for our clients.

We take pride in upholding a set of ethical standards that guide our practice. Confidentiality is of utmost importance, ensuring that your privacy is respected and protected throughout your interactions with us. Cultural humility and safety is ingrained in everything we do, recognising and honouring the diverse backgrounds and experiences of our clients.

As professionals, we uphold the highest ethical and professional standards that guide our practice and quality in our service delivery, ensuring that you receive the best care possible.

Yamurrah is committed to social justice, advocating for fairness, inclusivity, and safety for all individuals and communities. Lastly, we understand the importance of flexibility in tailoring our services to meet your specific needs and circumstances. We place great significance on our relationship with you and we are committed to being your dedicated partner on this journey.

For further information on Yamurrah, link: <https://yamurrah.com.au/about/>

Yamurrah works across 5 portfolio areas



Wellbeing | Supervision

Clinical and cultural supervision, counselling and wellbeing sessions to both Aboriginal and non-Aboriginal workers provided by First Nations clinicians.



Training

Develop curriculum and delivery of training across Australia. The website provides the most accurate dates and registration links for various scheduled programs:
[Training Calendar Link](#)



Events

Wide range of events to bring people together, connect and celebrate. Small and large events organised with a high level of detail and care.



Consultancy

Consult our legal, research, & clinical specialists. Yamurrah will support and walk beside your service. Research, cultural audits, small and large projects, assessment, review and evaluations.



RISE

RISE is an initiative under the care of Yamurrah dedicated to providing pro bono counselling, legal support, workshops, events and support to victims and survivors of trauma and violence.

The Yamurrah Collective



Collective photos and bios website link: [About - Yamurrah Collective](#)

Yamurrah is a collective unlike any that operates across Australia. We are focused on empowering and uplifting our communities, and those who may be working in the space of trauma, justice, health and education. We are made up of Social Workers, Nurses, Psychologists, Lawyers, Researchers, Educators, Leaders and Counsellors.

Collectively, we have many skills and years of experience – we do this work in solidarity and the spirit of a community of care and consciousness. We work with professional and cultural ethics and value. We are interested in truth-telling, justice and healing.

We work in co-creative and collaborative ways – we will develop reciprocal relationships with you. We know that this is important. We will listen and respond. We do everything with care.



Rowena Lawrie, Director |
PhD Candidate



Associate Professor
Dr Carmen Parter



Dr Mareese Terare



Jen Stephensen



Michele Laurie



Locky Bygrave



Sigrid Herring



Linda Sainsbury



Sam Ivancsik



Michelle Cutmore



Associate Professor
Dr Liz Dale



Yitungka Gordon



Renee Dwyer



Alex Christian



Hollie Ballingall



Vanessa Dray



Dixie Link-Gordon



Andrew Anderson



Tiffany Sithideth



Marlene Lauw



Paige Hoskin



Jennah Dungay



Brandy Murphy



Jindarra McGee



Renee Thomson



Kowana Welsh



Aunty Jacqui Jarrett



Jessica Dray



Sarah Martin



Jade McCall



Sue Anne Cutmore



Corey Anderson



Jess Simpson

www.yamurrah.com.au

2025 Yamurrah Services



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For all Yamurrah social media sites (Facebook, LinkedIn, Instagram, TikTok, YouTube), training information, registration, forms and useful links go to:

<https://linktr.ee/yamurrah>

and give us a like while you are on the socials!

Engage with, and learn from, First Nations professionals and clinicians to gain valuable insights and perspectives that can enrich your understanding and practice.

Yamurrah is an independent First Nations Collective made up of culturally and professionally diverse people including social workers, nurses, psychologists, lawyers, teachers, trauma counsellors, researchers and academics.

Our training is evidenced and lived experience informed, and is developed and designed by First Nations professionals.

Current Training Program

Culturally Responsive Trauma Informed Practice

2 Day Training for Aboriginal and Torres Strait Islander People

8

Culturally Responsive Trauma Informed Practice

2 Day Training for non-Aboriginal People

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Leadership Legacies creating Workplaces of Cultural Safety, Care & Compassion | 1 day Training for all leaders

12

Revitalise: A Day of Cultural Wellbeing Activities & Practices

1 day workshop focus on individual wellbeing | worker wellbeing

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6

“Organised, perfect pace, great content, inclusive, very informative”



“Safest learning space I’ve ever been in”



“Deadly training. Very practical training that we can take back to our communities”



“Uplifting, empowering, safe, inspiring and nurturing”

“Beyond amazing - I feel me again and I feel the best version of myself for my community”



“It was powerful, safe, inclusive and delivered in a compassionate way”

“Supportive, transformative, insightful and enlightening”



“Training was above and beyond what I expected. I would recommend it to everyone, not just those who are working with Aboriginal Communities”



“It was a complete vibe, I have so many ideas to take back to practice”

“Fantastic, a wealth of experience and knowledge”





“Informative, loving, supportive”

“Best f@#*kin training I've attended! Y'all get it, are relatable, and know how to deliver this training with skill and style :)”



“I found the training very powerful and engaging more so than any other training I've participated in. Appreciated the mixture of yarns and content”.

“Safest learning space I've ever been in. The women teaching were beautiful, encouraging and I felt able to speak up easily”.



“Took away... how to decolonise practice. Educate. Advocate. Celebrate Blak joy always”.



“Very interactive. Learning from other participants. Had a positive inspiring message despite the heavy content we are dealing with”.



“Great reminder of the power in connection”

“Empowering, Culturally focused, informative, inclusive, safe space to have a voice”



“The fire is still burning, way of coping and holding my space in culture and in self”



For group bookings, please email info@yamurrah.com.au and we will register / coordinate for you.

To see the available locations and dates, and to register go to:



www.yamurrah.com.au/training-calendar

Culturally Responsive Trauma Informed Practice

2 Day Training for Aboriginal and Torres Strait Islander People

Training Description

This training will give you foundations for working within a culturally responsive trauma informed framework. Content covers neurobiology, Aboriginal worldviews, trauma informed care and worker wellbeing.

Outcomes

You will walk away from this training with:

- Knowing why and how to provide trauma informed care in a culturally responsive way
- A good balance of theory, current context and frameworks, skills & practice tools to support your practice
- Justice driven trauma informed practice tools and skills
- An understanding of how to design and provide your service in ways that don't re-traumatise people
- Worker wellbeing strategies | New networks and connections

Suitable For

Everyone who identifies as Aboriginal and / or Torres Strait Islander, in particular workers who are supporting people who have been impacted by trauma or who are responding to disclosures.

This could include: counsellors, child protection specialists, health practitioners, liaison officers, teachers, child care workers, social workers, allied health professionals, reception / administration / support administrators, youth and disability workers, police, court workers, NDIS workers, psychologists, policy workers, doctors, nurses, midwives, lawyers, corrections workers, community workers, child and family workers.

Organisational Benefits

- Creating a culturally safe work environment
- Alleviating psychosocial risk in the workplace
- Reducing burn out and vicarious load
- A culturally safe and more accessible service to survivors of trauma
- Staff confidence in being able to respond with trauma informed care
- Increased productivity
- Solidarity and collective care for workforces and trauma survivors

Culturally Responsive Trauma Informed Practice

2 Day Training for Aboriginal and Torres Strait Islander People

Elevate Your Impact: Attend This Training

Learn the essentials of trauma-informed care with our dynamic, immersive and interactive training, carefully designed to offer you a culturally informed, science-backed approach. Become culturally responsive and trauma informed in your practice. Here's why you should join:

- Deepen Your Knowledge: Grasp trauma informed theory & the current context of trauma
- Equip Yourself: Gain practical skills, tools and frameworks to enhance your practice that are culturally responsive in First Nations Worldviews
- Design Safely: Learn to create services and practices that prioritise safety and avoid re-traumatisation
- Support Yourself: Discover strategies for worker wellbeing to prevent burnout
- Expand Your Network: Connect with passionate professionals and build valuable relationships

Don't miss this chance to transform your practice, make meaningful impact and create lasting change - connect with us!

Feedback from some of our 2024 participants



“Organised, perfect pace, great content, inclusive, very informative”

“Safest learning space I've ever been in”

“Uplifting, empowering, safe, inspiring and nurturing”

“Deadly training. Very practical training that we can take back to our communities”

Training Package includes:

2 days face to face training in a comfortable venue with nutritious food and refreshments throughout the training

1 online review | coaching session post training

Participant book and resources

Available dates | locations:

3-4 April - Byron Bay

22-23 May - Sunshine Coast, Qld

26-27 May - Coffs Harbour

29-30 May - Central Coast

5-6 June - Parramatta

18-19 June - Dubbo

17-18 July - Darwin

5-6 August - Tamworth

18-19 September - Whitsundays

23-24 September - Bega

17-18 November - Melbourne



For group bookings, please email info@yamurrah.com.au and we will register / coordinate for you.

To see the available locations and dates, and to register go to:



www.yamurrah.com.au/training-calendar

Culturally Responsive Trauma Informed Practice

2 Day Training for non-Aboriginal Workers

Training Description

This training will give you foundations for working within a culturally responsive trauma informed framework. Content covers neuro-biology, Aboriginal worldviews, trauma informed care and worker wellbeing.

Outcomes

You will walk away from this training with:

- Knowing why and how to provide trauma informed care in a culturally responsive way
- A good balance of theory, current context and frameworks, skills & practice tools to support your practice
- Justice driven trauma informed practice tools and skills
- An understanding of how to design and provide your service in ways that don't re-traumatise people
- Worker wellbeing strategies | New networks and connections

Suitable For

Non-Aboriginal and Torres Strait Islander participants, in particular workers who are supporting Aboriginal people and communities who have been impacted by trauma or who are responding to disclosures.

This could include: counsellors, child protection specialists, health practitioners, liaison officers, teachers, child care workers, social workers, allied health professionals, reception / administration / support administrators, youth and disability workers, police, court workers, NDIS workers, psychologists, policy workers, doctors, nurses, midwives, lawyers, corrections workers, community workers, child and family workers.

Organisational Benefits

- Creating a culturally safe work environment
- Mitigating psychosocial risk in the workplace
- Reducing burn out and vicarious load
- A culturally safe and more accessible service to survivors of trauma
- Staff confidence in being able to respond with trauma informed care
- Increased productivity
- Solidarity and collective care for trauma survivors

Culturally Responsive Trauma Informed Practice

2 Day Training for Non-Aboriginal People

Elevate Your Impact: Attend This Training

Learn the essentials of trauma-informed care with our dynamic, immersive and interactive training, carefully designed to offer you a culturally informed, science-backed approach. Become culturally responsive and trauma informed in your practice. Here's why you should join:

- Deepen Your Knowledge: Grasp trauma informed theory & the current context of trauma
- Equip Yourself: Gain practical skills, tools and frameworks to enhance your practice that are culturally responsive in First Nations Worldviews
- Design Safely: Learn to create services and practices that prioritise safety and avoid re-traumatisation
- Support Yourself: Discover strategies for worker wellbeing to prevent burnout
- Expand Your Network: Connect with passionate professionals and build valuable relationships

Don't miss this chance to transform your practice, make meaningful impact and create lasting change - connect with us!

Feedback from some of our 2024 participants

"It was powerful, safe, inclusive and delivered in a compassionate way"

"Fantastic, a wealth of experience and knowledge"

"It was a complete vibe, I have so many ideas to take back to practice"

"Training was above and beyond what I expected. I would recommend it to everyone, not just those who are working with Aboriginal Communities"

"Supportive, transformative, insightful and enlightening"

Training Package includes:

2 days face to face training in a comfortable venue with nutritious food and refreshments throughout the training

1 online review | coaching session post training

Participant book and resources

Available dates | locations:

15-16 May - Parramatta

30 June - 1 July - Central Coast

28-29 August - Whitsundays

13-14 October - Sunshine Coast Qld

20-21 November - Dubbo

Note: Dates and locations may be subject to change, the website displays the most accurate dates

LEADERSHIP LEGACIES

CREATING WORKPLACES OF CULTURAL SAFETY, CARE & COMPASSION

Registration open to all leaders

Creating a safe and inclusive work environment is vital for fundamental employee wellbeing, and for making a workplace where everyone is set up to do their best work for the organisation.



Your Aboriginal and Torres Strait Islander staff offer unique and valuable talents, perspectives and gifts that enrich your organisation. To meet Aboriginal and Torres Strait Islander people's needs, leaders and managers in modern Australian workplaces need to model an approach to leadership that is aligned with culturally responsive ways of knowing, being and doing.

Leadership Legacies

CREATING WORKPLACES OF CULTURAL SAFETY, CARE & COMPASSION

Elevate Your Impact: Attend This Training

Learn the essentials of trauma-informed care with our dynamic, immersive and interactive training, carefully designed to offer you a culturally informed, science-backed approach. Become culturally responsive and trauma informed in your practice. Here's why you should join:

- Deepen Your Knowledge: Grasp trauma informed theory & the current context of trauma
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- Support Yourself: Discover strategies for worker wellbeing to prevent burnout
- Expand Your Network: Connect with passionate professionals and build valuable relationships

Don't miss this chance to transform your practice, make meaningful impact and create lasting change - connect with us!

Feedback from some of our 2024 participants

“This will start many more conversations in executive discussions and action in strategic directions creating ripples of change

“Eye opening, informative, not just your basic ‘intro to’ training”

“Thought provoking, educational, empowering”

“It was glorious! Thank you for the validation, the gentleness and wisdoms that overflowed”

“Complex ideas laid out in a straight forward way”

Training Package includes:

1 day face to face training in a comfortable venue with nutritious food and refreshments throughout the training

3 online review | coaching session post training

Participant book and resources

Available dates | locations:

6 Feb - Sydney
 27 March - Brisbane
 10 April - Melbourne
 8 May - Dubbo
 12 June - Darwin
 26 June - Sydney
 10 July - Whitsundays
 14 August - Tamworth
 11 September - Cairns
 9 October - Canberra
 30 October - Adelaide
 13 November - Byron Bay
 4 December Coffs Harbour

[Further information Link: Leadership Legacies Flyer](#)

Revitalise: A Day of Cultural Wellbeing Activities & Practices



Join us for an enriching transformative immersive experience at “Revitalise”, a full-day dedicated to enhancing your cultural wellbeing, through a variety of engaging activities and practices. “Revitalise” invites you to deeply connect with yourself, body, mind and spirit. Revitalise means to renew, refresh, or give new life to something. It involves bringing new energy, strength, and vitality. Revitalising something often involves making changes, implementing new ideas, and taking action to improve its overall state.

Trauma Informed Yoga

Begin your day with a soothing trauma informed yoga session led by Aunty Jacqui Jarrett from NuraYoga. This gentle practice is designed to create a safe space for participants to cultivate mindfulness (a scientifically proven activity that ameliorates stress). This releases tension so that you can reconnect with your body in a supportive environment. Aunty Jacqui’s wisdom and experience will guide you through movements that honour your own unique journey and promote healing.



The River Ecology

Dive into exploring your inner flow with the River Ecology: A Metaphor for Healing.

The River Ecology practice tool encourages you to identify factors, stressors, recognise challenges and develop personalised strategies to navigate them.

Strengths and Healing Activity

Participants will have the opportunity to create their own rivers using materials and tools, visually representing their holistic health landscapes. This includes a safe space to share narratives, celebrating strengths and capacity to heal. It is also a tool that you can then use with clients and teams to help them identify challenges and develop strategies to help them navigate their own flow.



Activities on Country

You’ll spend a peaceful afternoon on Country, where you’ll have the opportunity to explore creative activities and somatic exercises like weaving, painting, dance, breathwork, meditation, and Ngura (listening in Darkinjung language). Whether you’re a beginner or experienced, you’ll be warmly guided through each activity in a relaxed and supportive way. It’s a beautiful chance to connect, create, and unwind in a nurturing environment.

Revitalise: A Day of Cultural Wellbeing Activities & Practices



Throughout the day, you will have the opportunity to connect with and honour the land, and engage in activities that help you feeling connected and empowered. There will be nourishing bush foods, laughter and relaxation, as well as some practical takeaways that you can apply in your everyday life and work habits.

Alleviating psychosocial stressors and hazards in the workplace are essential factors in maintaining a healthy and productive workforce. Recognising the importance of employee well-being goes beyond physical health; it also encompasses psychological, emotional, and social aspects – holistic wellbeing.

A Word on Worker Wellness:

High levels of stress in the workplace can lead to decreased productivity, increased absenteeism, and a negative impact on overall job satisfaction. By prioritising worker wellness and implementing strategies to address psychosocial stress, organisations can create a supportive environment that promotes resilience, creativity, and positive morale among employees. Investing in employee well-being not only benefits individuals but also contributes to a more cohesive and successful work culture. Our "Revitalise," we believe in the power of cultural wellbeing activities and practices to promote psychological, emotional and social health, reduce stress, and enhance overall workplace wellness.

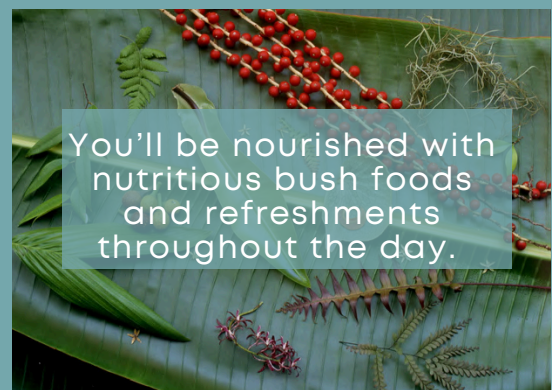


Revitalise can put the 'well' back into your wellbeing



Who is this for:

This workshop is for everyone, especially those who are wanting to prioritise social and emotional wellbeing. It may be helpful for people experiencing burnout, compassion fatigue or have complex roles. It can also be a safe and creative way to connect with your team – as a team building activity.



You'll be nourished with nutritious bush foods and refreshments throughout the day.

Available dates | locations:

9 May 2025 - Central Coast
27 June 2025 - Sydney
11 July 2025 - Whitsundays
14 November 2025 - Byron Bay

Please visit the website for the most accurate dates and to register:

www.yamurrah.com.au/training-calendar

Events



Yamurrah Events are all about bringing people together, creating unforgettable experiences, building connections and making every moment count. We work hard, but in between, we know how to have fun—we love events!

From our signature “Be About It” annual women’s gala, celebrating strength and sisterhood, to the flavourful and competitive annual Central Coast Curry Cook-Off, where talent and spices collide, we create events that leave a lasting impact.

Whether it’s community gatherings, cultural celebrations or just an excuse to connect and enjoy, Yamurrah loves to be at the heart of it and create unforgettable events.



Connect With Us
Useful Links



[Events - Yamurrah](#)

[Be About It](#)

[Training & Events Registration](#)

Cultural
Supervision

Clinical
Supervision



Counselling

Group
Supervision

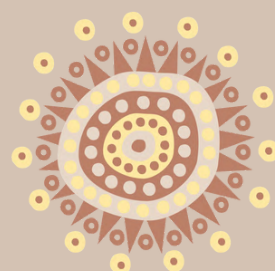
Professional
Development

Connect With Us

[Click to Fill in the Supervision Request Form](#)

[Click to Fill in the Wellbeing | Counselling Request Form](#)

www.yamurrah.com.au



Who are we?

Yamurrah is a Collective of First Nations clinicians, educators, academics, trauma specialists and legal professionals who provide wellbeing, clinical and cultural supervision sessions, training, events and consultancy with a dedicated portfolio to pro bono services. We are professionally and culturally diverse and our work together is guided by our shared values of self-determination, social justice, healing, safety, humility, integrity and empowerment. We are committed to your wellbeing, and we will work with you to connect you with the right person to support you.

How do you get connected with us for wellbeing, clinical or cultural supervision sessions?

The best way to get connected is to actually just start. We have kept the process simple. You can either email info@yamurrah.com.au stating that you would like to seek wellbeing, clinical or cultural supervision (it's helpful if you add a little detail such as your location type of wellbeing sessions you'd like) or, the fastest way is to use the form links below.

What happens next?

We will connect with you if further information is needed, then send an e-Connection to you and a clinician | member of the Collective, and you are on your way to having your first session.

Information for HR Managers | Leaders | Organisations

Many organisations have an agreement in place with Yamurrah whereby our wellbeing sessions are offered to staff as an alternative to EAP. Once put in place, managers provide their staff with information on our service and how to arrange a session. This gives staff support they need with a clinician best suited to their needs at a time and connection best suited to them ie. face to face, online or phone. We then provide a monthly or quarterly report with basic information such as the number of sessions and session types ie. individual, group etc, Staff information is not provided as their session details are kept completely confidential.

Our service is confidential, independent, culturally safe and we have been providing these services collectively for over 400 years.

Reach out - connect with us and if it's not the right fit - we can always support you with finding the right pathway for you.

If you are looking for a bit more information - head over to our website at www.yamurrah.com.au, and while you are there, subscribe to receive our newsletter and be to be notified with upcoming training and events.



Rowena Lawrie
Director & Founder
Yamurrah

Connect With Us

[Click to Fill in the Supervision Request Form](#)

[Click to Fill in the Wellbeing | Counselling Request Form](#)

www.yamurrah.com.au



The Yamurrah Collective

Wellbeing & Supervision



Yamurrah is a unique collective operating across Australia, dedicated to empowering and uplifting our communities. We specialise in supporting individuals working in trauma, justice, health, and education. With a wealth of skills and decades of combined experience, we approach this work in solidarity, guided by a shared commitment to care and conscious community engagement.

Our work is grounded in professional and cultural ethics, with a strong focus on truth-telling, justice, and healing. We prioritise co-creation and collaboration, building reciprocal relationships that honor the importance of listening and responding with care.



Yamurrah offers supervision, wellbeing, counselling, and other services to both Aboriginal and Torres Strait Islander peoples and non-Indigenous communities.

For over 20 years, we have worked as a Collective expanding our like-minded Collective and supported by the extensive experience each of us brings from our respective roles and careers.

Choosing your Supervisor | Counsellor

The following Collective members provide wellbeing | supervision. For all Collective photos and bios: [About - Yamurrah Collective](#)

Following is a list of the Collective members, and a link to all their bios on our website. We recommend that you choose 3–4 individuals you'd like to work with and share their names with us. Once we receive your preferences, we will check their availability and connect you with one of them.

While we will make every effort to match you with someone from your list, if none are available at the time, we will find another qualified member who aligns with your preferences.





Management
of high level
projects

Community
development
projects

Collaborative
and creative
working

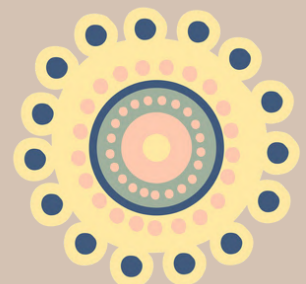
Research,
reporting,
evaluations,
strategic
planning

Systemic
reform
work

Cultural
explorations
(cultural
audits)

Connect With Us

www.yamurrah.com.au



At Yamurrah, we pride ourselves on being your dedicated partner, working hand in hand with you and alongside you to achieve transformative outcomes. Our wide range of services is designed to support your organisation and community, leaving a lasting positive impact.

- **Management of High-Level Projects:** With our extensive expertise and experience, we excel in managing complex and high-level projects. From inception to completion, we provide comprehensive project management services, ensuring efficiency, effectiveness, and successful outcomes.
- **Community Development Projects:** We are deeply committed to empowering communities. Through community development projects, we collaborate with local stakeholders to identify needs, design solutions, and implement sustainable initiatives that uplift and strengthen communities.
- **Systemic Reform Work:** Our team is passionate about driving systemic change. We work diligently to challenge and reform existing structures and practices, aiming for equitable and inclusive systems that benefit everyone.
- **Research, Reporting, Evaluations, Strategic Planning:** Data-driven decision-making is at the core of our approach. We conduct thorough research, compile insightful reports, and carry out evaluations to inform strategic planning, ensuring that your organization operates at its best.
- **Cultural Explorations (Audits):** Understanding and respecting cultural nuances and context is essential. Our cultural audits help identify areas for improvement and ensure your organisation embraces diversity and cultural sensitivity.
- **Consultancy:** Yamurrah's consultancy services are tailored to meet your specific needs. Whether you require guidance on policy development, program design, or organisational growth, we offer expert insights and practical recommendations to achieve your goals.
- **Collaborative and Creative Working:** We believe in the power of collaboration and creativity. By working together, we harness diverse perspectives, fostering innovative solutions that lead to profound and lasting change.

At Yamurrah, our commitment to working with you ensures that our services are not only effective but also responsive to your unique vision and values. Together, let's create a brighter future, one that promotes empowerment, cultural connection, and positive change.



RISE: Probono Services

Responsibility | Inspire | Spirit | Empower



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Counselling

Legal Support

Crisis Support

Community Initiatives

Healing Workshops

Connect With Us

[Information including how organisations can support RISE](#)

[RISE Support Request Form](#)

www.yamurrah.com.au



RISE is our non-for profit initiative dedicated to providing pro bono counselling, legal advice, and support to victims and survivors of sexual assault, domestic and family violence and for people experiencing grief and loss.

RISE also supports community development initiatives, programs and workshops, as well as supporting students who are pursuing formal qualifications.

Supported by a collective of highly skilled First Nations specialists, legal professionals, clinicians, researchers and academics who are trauma informed and hold relevant qualifications in Social Work, Law, Psychology or Human Services.

Vision: Our vision is to create a safe and inclusive space where victims and survivors, can find solace, strengths, skills and a renewed sense of empowerment and connection.

We have provided counselling and legal advice to victims and survivors ageing from 2 years to 92 years over many years through RISE; supported young women leaving domestic violence and pursuing further education, held trauma and recovery workshops, provided professional supervision supports to various individuals and agencies, and supported community initiatives such as the Central Coast Curry Cook-off 2022, 2023, 2024, trauma informed yoga workshops and dance workshops.

RISE - Information

How Organisations Can Support RISE

Free Monthly Support Sessions: <https://yamurrah.com.au/training-calendar/#uplift>



QUEER BLAK N DEADLY

Monthly & free

Yamurrah are committed to supporting Queer Blak n Deadly mob and host monthly online wellbeing yarning sessions, facilitated for and by Queer mob.

Join in our culturally safe, inclusive and sacred space for meaningful connection, vibrant conversation, and shared supports.

Queer* includes all gender identities, sexualities and individuals that have any identity under the rainbow

When: Every second Tuesday of the month

Time: 7pm - 8.30pm AEST

Yamurrah Connections with Care



Monthly online yarning sessions for Nan's, Auntys and big Sisters who are providing care for Aboriginal and Torres Strait Islander young people

Nan's Care Circle

Yamurrah Connections with Care

Be About It

We have held "Be About It" women's gala event with 120 women attended 2023 and 250 women attend 2024. We look forward to 2025 where women will come together to celebrate and uplift each other, and enjoy an incredible night of solidarity, performances and connection, with the proceeds going to RISE to continue to support people experiencing trauma, grief and loss. It is also an opportunity to award phenomenal women - who are all "About It"

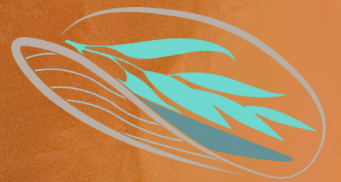
2024 Be About It Photos

2023 Be About It Photos

Constellation of Stars - Be About It Award Winners



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