



# Holistic Healing

**Gumal Mari Dyulu**, which means belonging together in friendship, has been designed by Gandangara Health Services to achieve positive Social and Emotional Wellbeing outcomes for First Peoples. Come together to **celebrate** and **embrace** the oldest surviving culture in the world – Australia’s First Peoples. Following First Peoples traditional healing knowledge, which has been passed down by Elders through history to the modern day, providing for holistic wellbeing.

Gumal Mari Dyulu provides culturally appropriate services for achieving positive social, emotional, spiritual and cultural mental health outcomes for First Peoples. All our services are underpinned by a framework of Acknowledgement, Recognition, Respect and Culture in a safe and non-judgemental space.



## Gandangara Local Aboriginal Land Council

Head Quarters:	103 Moore Street, Liverpool
Current Office:	NSW 2170
Business address:	Level 1, 64 Macquarie Street, Liverpool NSW 2170
Phone number:	P.O. Box 1038
Business hours:	Liverpool Business Centre, 1871 (02) 9602 5280 9.00 am to 5.00pm Monday to Friday

## Gandangara Health Services Limited

Office:	Ground Floor, 64 Macquarie Street, Liverpool NSW 2170
Business address:	P.O. Box 1038 Liverpool Business Centre, 1871
Phone number:	(02) 9601 0700
Business hours:	8:30 am to 6.30 pm Monday to Friday

## Gandangara Transport Services Limited

Office:	14 Weld Street, Prestons NSW 2170
Business address:	P.O. Box 1038 Liverpool Business Centre, 1871
Phone number:	(02) 9608 0968
Facsimile number:	F: (02) 8783 5053
Business hours:	8:30 am to 4.30 pm Monday to Friday

## Marumali Limited

Office:	Level 1, 64 Macquarie Street, Liverpool NSW 2170
Business address:	P.O. Box 1038 Liverpool Business Centre, 1871
Phone number:	(02) 9602 9677
Business hours:	8:00 am to 5.00 pm Monday to Friday



**GANDANGARA**  
Local Aboriginal Land Council

# Gandangara Health Services

## GUMAL MARI DYULU

Social and Emotional Wellbeing Program





## Services

### Community Healing and Cultural Leadership Group

First Peoples led Social and Emotional Well Being. That means you, the community, own the group, you tell us what you'd like included in the program, and we'll work to make it happen for you. The group draws from healing traditions based on yarning circles and message sticks to create a self-supported, community healing and cultural leadership program, providing excellence in; leadership, cultural safety and trauma-informed care. We will also have many Elders from the community participating and guiding our groups!

### Clinical Psychologist

Our clinical psychologists can work with you to manage a range of mental health and wellbeing concerns. If you are feeling stressed, anxious, experiencing addiction issues, depressed, or dealing with trauma our psychologists in conjunction with our Elders in Residence, Counsellors and

Social, Emotional Wellbeing Team can support and guide you in determining a path forward.

### Exercise Clinic

We have a gym on-site with a qualified exercise physiologist with a lot of experience in First Peoples health who can help you to exercise at your own pace. Whether you want to do some exercise to help you feel less slack, if you're going to work towards your goals, or if you're going to manage your health better, the trainer is here to help and support you through your journey.

### And More...

Our relationships with other community programs, such as Marumali cultural programs, local Men's & Women's Groups means we have your healing path covered. Gandangara Health Services also provides many services including an Oral Health Clinic, Podiatrist, Gastroenterologist and Pediatrician. Come and have a yarn, it's easy to join.

## How Do I Get Started?

Getting started with us is very easy. Book in with your Gandangara Health Services GP for a referral to our program, or drop in on a Friday to have a yarn and meet the team.

### Make a Plan

The focus of our program is YOU! Have a yarn with our team, and we can work together to make you a plan that works for you and do it together with your mob.

