

Social & Emotional Wellbeing Counselling Program



We can all struggle with life from time to time

When we feel the pain of separation from loved ones, maybe because of a bereavement, family or relationship break-down, having a family member who has an addiction, the removal of children, jail or maybe because of the ongoing effects of the stolen generations, our emotional and mental health may suffer.

Other things like recent or past trauma, grief, loss, racial harassment etc. can have the same impact.

We have found that hard times in life can cause us to have a broken spirit.

Marrin Weejali is a Spiritual Healing Centre. We have culturally sensitive qualified staff who provide a safe, respectful environment to work on the issues you are facing and to help you find healing

If you feel you are facing a problem Marrin Weejali can help

We Offer:

- Comprehensive A&OD Assessment
- Individual A&OD & SEWB Counselling
- Client Support & Referral
- Gambling Counselling & Support

We provide links & support to:

- Detoxification units,
- Residential Rehabilitation Centre's
- Health services
- 12 Step / Self Help Programs
GA, NA, AA, ALATEEN / ALANON
- Legal Services.

We facilitate Social & Emotional Wellbeing programs:

- WDO Sponsor
- Couples counselling
- Grief counselling
- Anxiety and hoarding
- Dialectical Behavioural Therapy
- Anger Management
- Better Man (Men's DV Program)
- Womens SEWB Group
- Mens Health Yarn Up
- DV education & awareness group

Phone: (02) 9628 3031

www.marrinweejali.org.au



Marrin Weejali
Aboriginal Corporation

Substance Misuse - Social Emotional Wellbeing Healing Centre

Social & Emotional Wellbeing

Is more than mental health or physical wellbeing.

It is about restoring holistic relationships with:

SPIRIT

MIND

BODY

KINSHIP

COMMUNITY

CULTURE AND

COUNTRY

Hard times in life are often caused because these relationships have been damaged by things we, others or circumstances have done to us.

At Marrin Weejali we focus on restoring these important connections. They help us find the resilience we need in life and help us find our true identity and belonging.

WE ARE OPEN

Monday , Wednesday , Thursday & Friday
9:00am–5:00pm

Tuesday
9:00am-3:00pm