



## THE NEXT GENERATION: STRENGTH, VISION & LEGACY

6-13 JULY 2025

See our NAIDOC events inside!

## JOB VACANCIES

No current vacancies

Contact People & Culture for more info

## MEDICAL CLINIC HOURS

Please note that changes to days/hours can occur at any time so please contact our medical receptions for availability.

### HAMILTON

Tue 10 - 4 Dr Kerr  
Thur 9 - 5 Dr Kerr

### HEYWOOD

Please contact Medical Reception for GP availability on 5527 0060

## ALLIED HEALTH SERVICES

Allied Health Services are available to community members including massages, podiatry, optometry, and audiology.

### Share your Feedback

- Compliments
- Complaints
- Comments

Help us improve our services

[www.windamara.com.au/feedback](http://www.windamara.com.au/feedback)



## CONTACT US

Heywood  
P: 03 5527 0060

Hamilton  
P: 03 5527 0090

Heywood (Main Office)  
21 Scott St (PO Box 42)  
Heywood VIC 3304

Heywood (Medical/Health)  
18-20 Hunter St  
Heywood VIC 3304

Hamilton (Medical/Health)  
107 Thompson St  
Hamilton VIC 3300

Hamilton Community & Family Services  
39 Hammond St  
Hamilton VIC 3300

Land Management  
598 Henty Highway  
Portland VIC 3305

## WHAT'S ON THIS MONTH!

### WEEKLY ACTIVITIES

**Youth Drop-In Centre (Hey)**  
Open Monday - Friday  
3:30 - 5pm

**Tue Breakfast Club (Hey)**  
7:45am - 8:30am

**Willarn Playgroup (Ham)**  
11am - 1pm

**Youth Group (Ham)**  
3:30pm - 5pm

**Building The Dream (Ham)**  
3:30pm - 4:30pm

**Wed Building The Dream (Hey)**  
3:30pm - 4:45pm

**Thu Elders Group (Hey/Ham)**  
11am - 2pm

**Fri Willarn Playgroup (Hey)**  
10am - 12pm

**Recovery Group (Ham)**  
11am - 1pm

**Youth Group (Hey)**  
3:30pm - 5pm

### ALLIED HEALTH

**W/Th/F Counselling**  
Wed 10am-3pm (Ham)  
Th/F 9am-4pm (Hey)

**Tue 1, & 15 HRH Dietitian & Diabetes Educator (Hey)**  
9am - 5pm

**Wed 2 & 30 Massages (Hey)**  
10am - 3:30pm

**Thu 3 Podiatrist (Ham)**  
1:30pm - 5pm

**Fri 4 Massages (Ham)**  
10am - 3:30pm

**Thu 10 VAHS Dental (Melb)**  
All day

**Fri 11 Optometrist (Ham)**  
9:30am - 12pm

**Tue 22 Optometrist (Hey)**  
9:30am - 3:30pm

**Tue 29 Dietitian (Ham)**  
9am - 1pm

### COMMUNITY DINNER

**Wed 9 Heywood 12pm NAIDOC lunch**  
Lake Condah Mission

**Tue 22 Hamilton 5:30pm**  
39 Hammond St

### OTHER ACTIVITIES

**TBC Young Women's & Men's Groups (Hey)**  
4pm - 6pm

**TBC Young Women's & Men's Groups (Ham)**  
3:30pm - 5pm

**Mon 21 Family Tracing & History Session (Hey)**  
5:30pm (dinner provided)  
fortnightly sessions

**Fri 25 Kinship Yarning Circle (Ham)**  
10:30am - 12:30pm

**Wed 30 Men's Group (Hey)**  
5pm - 8pm

# STAFF UPDATE

## NEW STARTERS

Shaquille Lovett | TCP Peer Support and Cultural Mentor

Jamie Reiri | Building The Dream Worker & Education Liaison Officer

Kiah Morgan | Family Services Support Worker

Lauren 'Bill' Millard | Kinship Contracting Case Manager

Amber Foster | Aboriginal Health Worker Trainee

Ben Church | Caretaker - Seaview Lodge

## CASUAL EMPLOYMENT OPPORTUNITIES

Winda-Mara provides casual employment opportunities across all of our teams.

We also offer work experience for school and tertiary students, and options for the Work & Development Program for Koori justice clients.

For more information and to receive our casual employment form, please contact our People & Culture team.

[peopleandculture@windamara.com](mailto:peopleandculture@windamara.com)

# COMMUNITY DINNER 2025 DATES

## HEYWOOD

Wednesdays 5:30pm  
21 Scott St

- 9 July  
(community lunch at the mission for NAIDOC week instead of dinner)
- 13 August
- 10 September
- 8 October
- 12 November



## HAMILTON

Tuesdays 5:30pm  
39 Hammond St

- 22 July
- 26 August
- 23 September
- 21 October
- 25 November



**THE NEXT  
GENERATION:  
STRENGTH,  
VISION &  
LEGACY**  
6-13 JULY 2025

# NAIDOC WEEK 2025

## 🦘 Flag Raising, Morning Tea & Official Opening of our New Outdoor Community Space

10am - 11am | 21 Scott St Heywood

Monday 7

## 🦘 Flag Raising and Afternoon Tea

2pm - 3pm | 39 Hammond Street

## 🦘 Elders Lunch

Invite only

Tuesday 8

## 🦘 Lake Condah Mission Walk

Be there 9:30 for 10am start from Lovetts Lane

- 🦘 Transport available to and from Heywood/Hamilton
- 🦘 Buses running up and back along the walk
- 🦘 Community lunch and activities at the mission

Wednesday 9

## 🦘 Youth Ball (13-18 years)

6pm - 10pm | Portland Drill Hall

## 🦘 Community Movie Day - Jurassic World Rebirth

12:30pm | Hamilton Cinema

Thursday 10

## 🦘 Cabaret & Trivia Night!

Doors 6:30 for 7pm start | Heywood Community Hall

- 🦘 Details on separate flyer

Friday 11

- 🦘 Flag Raising and Cabaret open to all community
- 🦘 All other events are mob only
- 🦘 Contact: Community Services on 5527 0000

Registration  
link now open!





# NAIDOC CABARET & TRIVIA NIGHT!

# STRAY BLACKS

**Friday 11 July**

**Heywood Community Hall**

**Doors open 6:30pm for 7pm start  
Stray Blacks from 9pm**

- 👉 18+ | BYO drinks
- 👉 Light charcuterie buffet
- 👉 Door and Trivia prizes
- 👉 Semi formal with a twist of blak pride

**Tickets \$20**

via Eventbrite  
or on the door  
(card only)



Register for  
trivia up to 7pm  
Friday 11 July

**CONTACT**  
Community Services  
5527 0000

# COMMUNITY SERVICES



## NAIDOC YOUTH BALL

Wednesday 9th of July | 6pm to 10pm  
Portland Drill Hall Bentinck St, Portland VIC 3305

AGES 13-18 | FREE TICKETS | DJ PUMPING |  
FINGER FOOD INCLUDED | PRIZES TO BE  
WON FOR BEST DANCER & MORE!

FOR MORE INFORMATION, PLEASE  
CONTACT YOUR LOCAL ACCO

SMOKE AND ALCOHOL FREE EVENT

SCAN TO RSVP OR VISIT:



[https://forms.  
office.com/r/B  
LnH6XJVbp](https://forms.office.com/r/BLnH6XJVbp)

## FAMILY TRACING & HISTORY SESSION

Monday 21 July | 5:30pm  
21 Scott St Heywood **Fortnightly sessions**

Come along if you're  
interested in learning more  
about your family history  
or you're looking to put  
together your family tree

- Computers and laptops  
available for use, or BYO
- Access to Ancestry.com
- Dinner will be provided

### CONTACT

Sue Lovett  
0478 728 584  
[suelovett@windamara.com](mailto:suelovett@windamara.com)

### RSVP

Friday before sessions



## ELDER CARE SUPPORT PROGRAM

Are you, or someone you know aged 50+ and  
in need of a bit of extra support?

Winda-Mara's Elder Care Support Team is  
here to help.

Perfect for Elders and emerging Elders still  
living independently in their homes, but  
needing just a bit of extra support.

The Elder Care Support Team can offer and help  
you access support services to assist you with  
everyday tasks that are becoming a challenge.

We can also assist any Elders needing support with  
referrals and assessments working through The  
MyAgedCare Government assistance program.

**Contact our Elder Care Team**  
Jodie Lovett | Team Leader  
P 5527 0000  
E [jodi Lovett@windamara.com](mailto:jodi Lovett@windamara.com)



**Elder Care  
Support**  
Community-led  
Pathways to Care





# Enrol in Kinder today!

I'm Akala Austin and I'm here to support Koorie children and their families begin their cultural journey into kindergarten.

I support children across the Southern Grampians and Glenelg Shires.

## CONTACT

Akala Austin

5599 9872

akalaustin@windamara.com

Monday - Friday | 9am - 5pm

## How I can help

- Ensure cultural connection, safety, and wellbeing for Aboriginal and Torres Strait Islander children
- Inform Koorie families of program that can enhance their participation in other early childhood services
- Support access to and enrolment in kindergarten
- Advocate for koorie families to connect and engage in their children's kindergarten service
- Support services to include Aboriginal perspectives in their learning program and environment
- Assist with the transition to school for koorie kids and families
- Enable culturally inclusive and welcoming kindergarten programs for koorie kids and families



Glenelg Shire enrolments

[www.glenelg.vic.gov.au/Our-Services/Children-and-Families/Kindergarten-Enrolments](http://www.glenelg.vic.gov.au/Our-Services/Children-and-Families/Kindergarten-Enrolments)



Southern Grampians enrolments

[www.cpsg.org.au/enrolments-2](http://www.cpsg.org.au/enrolments-2)



Koorie Kids Shine website

[www.vic.gov.au/koorie-kids-shine](http://www.vic.gov.au/koorie-kids-shine)



Koorie Kids Shine brochure

Our Wayipungitj is here to support our Koorie kids with Kinder enrolments which are now open for 2026 in both the Southern Grampians and Glenelg shires for 3 and 4 yr old kinder programs.

Coming up, Four-Year-Old Kinder will start to transition to Pre-Prep, with kinder programs across Victoria increasing from 15 to 30 hours each week. In 2026, up to 25 hours of Pre-Prep will be available statewide for Victorian children who identify as Aboriginal or Torres Strait Islander.

To be eligible, your child must turn 3 or 4 years old by 30 April in the year they go to kinder.

For more information on Kinder and Pre-Prep or help with enrolments please contact our Wayipungitj Akala Austin on 5599 9872 or [akalaustin@windamara.com](mailto:akalaustin@windamara.com)



## WILLARN PLAYGROUP

### HAMILTON

- Tuesdays
- 11am - 1pm
- 39 Hammond St

### HEYWOOD

- Fridays
- 10am - 12pm
- 24 Hunter St

- Join us for fun activities, morning tea supplied
- Open to ages 0-5 not attending school
- Children must be always supervised by a parent/guardian
- New families and children welcome

CONTACT: Maddi | [maddisonkanoa@windamara.com](mailto:maddisonkanoa@windamara.com)





# TERM 2 WRAP-UP!

As Term 2 ends, we want to take a moment to celebrate some of the incredible programs that have been running across Heywood and Hamilton!

## SILENT DISCO FUN!

On Friday the 13th, our deadly Health Team hosted a Silent Disco at Heywood Secondary College—and what a night it was!

With headphones on, the kids danced the night away... and it was surprisingly quiet without them on! We're still not sure who had more fun—the kids or the staff!

## BREAKFAST CLUB

Breakfast Club has been a great way to start the day. We wrapped up the term with a community breakfast—thank you to everyone who came along!

The kids loved having everyone there, especially for the presentation of awards.

Congratulations to Uncle Jason Walker and Kaelen Hope, who tied for most attended this term!

## BUILDING THE DREAM - HAMILTON

We've seen amazing engagement from our Hamilton crew this term—it's been deadly to see the group growing!

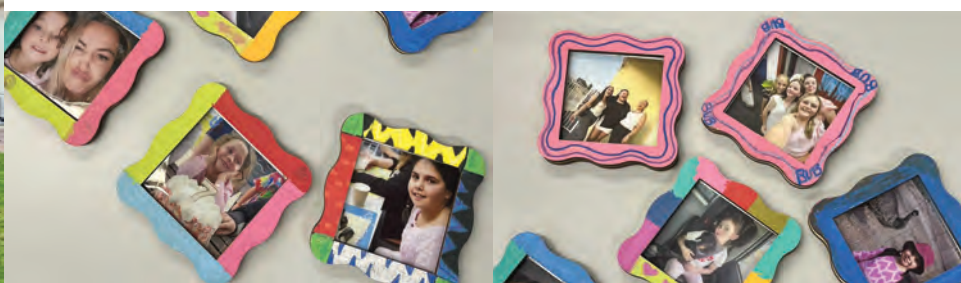
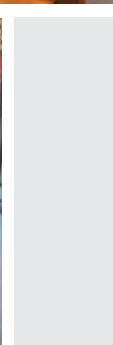
Activities have included making some creative and cultural frames, finishing the term with a movie afternoon, and some early NAIDOC activities to get us ready for next week.

We also handed out prizes for most attendance, with all participants receiving a deadly certificate.

We'll be continuing the fun next term, with prizes again up for grabs for most attendance!

## BUILDING THE DREAM - HEYWOOD

Heywood's Building the Dream group has been busy too! This term we explored stop motion animation and even created our own characters. It's been a great term of creativity, and we're excited to be introducing attendance prizes in Term 3!





## Introducing our new team member Jamie Reiri

We're excited to welcome Jamie as the newest member of the Winda-Mara Youth team, stepping into a dual role as both the Building the Dream Worker and the Education Liaison Officer. In these roles, Jamie will be supporting community members on their educational journeys and helping to build strong pathways for future generations. With a passion for empowering Aboriginal youth and a commitment to cultural strength and community connection, Jamie brings a fresh perspective and a strong sense of purpose to the team.

Whether it's helping students navigate school and training opportunities or working alongside families and educators to support success, Jamie is here to listen, guide, and walk alongside our young people as they build their dreams.



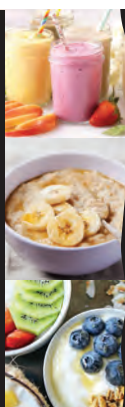
## DROP-IN CENTRE NOW OPEN!

Monday - Friday  
3:30 - 5pm

21 Scott St Heywood

### CONTACT

Tayla/Jamie/Tyleah  
5527 0000



## BREAKFAST CLUB!

Tuesdays 7:45 - 8:30am

21 Scott St Heywood

- 7:45am pickups available (names in by 5pm Mondays)
- Doors open from 7:45am
- Drop-offs to Kinder, Primary & Secondary Schools if required

Back Tue 29 July

### CONTACTS

taylawakely@windamara.com  
jamiereiri@windamara.com

- School lunchbox snacks
- Widespread breakfast options



**BUILDING  
THE DREAM**

## AFTER SCHOOL PROGRAM

- These sessions will include a mix of cultural strengthening activities, educational sessions, and skill-based workshops
- We've got plenty of deadly, diverse, and engaging activities planned - there's something for everyone!
- Depending on upcoming events, such as sporting carnivals, we may incorporate training sessions to prepare participants

## HEYWOOD | Wednesdays 3:30pm

21 Scott St

Back Wed 30 July

### IMPORTANT INFO

- Names must be provided in advance for attendance
- RSVP by Tuesday 2pm each week.
- We contact the school with a list of names the day before who we are collecting from school.
- Participants must be collected by a parent/guardian at 4:45pm.

## HAMILTON | Tuesdays 3:30pm

39 Hammond St

Back Tue 29 July

### IMPORTANT INFO

- Names must be provided in advance for attendance
- If transport is required, details (including the student's name and school location pickup) must be confirmed by Tuesday at 12pm each week.
- Parents/Guardians must make contact with school for consent to us picking the students up.
- Participants must be collected by a parent/guardian at 4:30pm.

Tayla | taylawakely@windamara.com  
Jamie | jamiereiri@windamara.com

P 5527 0000

For Prep to Year 12, Heywood & Hamilton



# HOLIDAY PROGRAM

## JULY 2025

mob only

### 📍 Tue 15 Primary Sleepover (Prep - Grade 6)

Tues 4:30pm - Wed 10am | 21 Scott St Heywood

#### OPTIONS

- 📍 Stay overnight at Winda-Mara
- 📍 Join for night activities only and return home at 8:30–9pm

#### TRANSPORT

- 📍 3:30pm pickup from Hammond St
- 📍 Home transport available Tues night

Please bring a sleeping bag, pillow, and overnight items (pyjamas, toiletries, etc.)

CONTACTS: Jamie Reiri & Tayla Wakely | 0459 727 989

### 📍 Wed 16 Funky Hearts (Playgroup/Kinder-aged)

11am - 2pm | 20 Fern St Portland

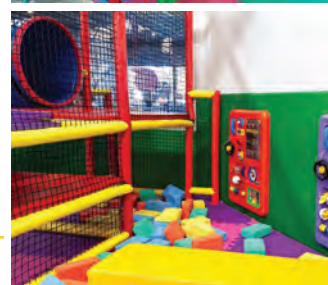
A day of fun activities tailored to our youngest mob at the indoor play centre and cafe!

#### TRANSPORT

- 📍 9:30am pickup from 21 Scott St
- 📍 10am pickup from 39 Hammond St
- 📍 self-transport also available

Please note: Parents and/or carers must attend with children

CONTACT: Maddi Kanoa | 5527 0041 | maddisonkanoa@windamara.com



### 📍 Wed 16 Youth Sleepover (Year 7 and up)

Wed 4:30pm - Thu 10am | 21 Scott St Heywood

#### OPTIONS

- 📍 Stay overnight at Winda-Mara
- 📍 Join for night activities only and return home at 8:30–9pm

#### TRANSPORT

- 📍 Pickup from 39 Hammond St (time TBC)
- 📍 Home transport available Wed night

Please bring a sleeping bag, pillow, and overnight items (pyjamas, toiletries, etc.)

CONTACT: Tyleah Barr | 5527 0017 | tyleahbarr@windamara.com

#### NAIDOC activities will be on for week 1

Please Note: For the Holiday Sleepover, there will be an option for kids to attend just for dinner, games and a movie, and then head home afterward. If your child would prefer this option, please still register them, and we'll be in touch closer to the day to confirm everyone's preferences.



RSVP by Wed 2 July

# HEALTH

## ALLIED HEALTH VISITS

### PODIATRIST (Ham)

Thursdays 1:30pm - 5pm

3 Jul | 7 Aug | 4 Sept

### VAHS DENTAL (Melb)

Thursdays

10 Jul | 14 Aug | 11 Sept

### AUDIOLOGIST

Thurs 9am - 12pm (Hey), 1:30pm - 4pm (Ham)

TBC - contact reception

### RESPIRATORY CLINIC

Thursdays

3 Jul | 31 Jul

### OPTOMETRIST

Tuesdays (Hey)

9:30am-3:30pm

22 July

Fridays (Ham)

9:30am-12pm

11 July | 8 Aug

### DIETITIAN (Ham)

Tue 29 Jul, 9am-1pm

Tue 19 Aug, 9am-12pm

Tue 23 Sept, 10am-2pm

### HRH DIETITIAN & DIABETES EDU

Tuesdays 11am-12pm (fortnightly - Hey)

1 & 15 Jul | 5 & 19 Aug | 2 & 16 Sept

### MASSAGES

Weds 10am-3:30pm (Hey)

2 & 30 July | 27 Aug

Fris 10am-3:30pm (Ham)

4 July | 1 & 29 Aug

### COUNSELLING

Weds 10am-3pm (Ham)

Thu/Fris 9am-4pm (Hey)

### HEARING AUSTRALIA

Wednesdays 9:30am-3:30pm

30 Jul (Ham)

## HAMILTON CLINIC UPDATE

### CLIENT REMINDER

**Our Kenna Ave  
Medical Clinic is  
by appointment only**

Please note this does not include  
community activities/events  
held in the space

#### CALL TO BOOK YOUR APPOINTMENT

Heywood 5527 0060 | Hamilton 5527 0090

## GET YOUR INFLUENZA VACCINE AT WINDA-MARA!

*Vaccines are now available at our clinics*

#### ELIGIBILITY FOR THE INFLUENZA VACCINE

- Children aged 6 months to less than 5 years
- Pregnant women at any stage of pregnancy
- First Nations people aged 6 months and over
- People aged 65 and over
- People aged 6 months and over with certain medical conditions

Aboriginal and Torres Strait Islander people  
are at higher risk of getting really sick and  
going to hospital from influenza.

All Aboriginal and Torres Strait Islander people  
aged 6 months and over can get the influenza  
vaccine for free every year.

#### CONTACT OUR CLINICS

20 Hunter St Heywood | 5527 0060  
107 Thompson St Hamilton | 5527 0090

## Yarn SMART Recovery Meeting

Yarn our Way, Heal Your Way: Yarn Smart

**Fridays 11am | 107 Thompson St Hamilton**

#### YARN SMART CAN HELP WITH

- Motivation
- Learning skills to cope with cravings
- Managing thoughts and problem behaviours
- Balancing lifestyle



Come and yarn about gambling,  
drug & alcohol use, or any other  
behaviour of concern.

Open to any mob that would like  
to have a yarn in a supportive,  
no shame, group environment.

**CONTACTS:** Kylie Briggs & Brad Sprague  
0491 958 001 (Kylie)



# STRONG BORN



## PREGNANCY AND GROG DON'T MIX.

Lets grow strong babies by eating well, not drinking grog and staying connected to country while pregnant. For more information and support please contact our Koori Maternity Services Worker Kristy on 0429 342 425 or email [kristyh@windamara.com](mailto:kristyh@windamara.com)

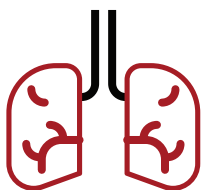
## DO YOU KNOW WHAT YOU'RE VAPING?



Many vapes contain nicotine making them **very addictive**



If you vape you are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol is not **water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



The nicotine in 1 vape can = **50 cigarettes**

To quit please see your local GP or call Quitline 13 78 48

## GOING FOR GREEN!

We had a great morning at our Going for Green Day with the Dietician, with ladies from both Heywood and Hamilton coming along.

Dr. Danielle gave an engaging talk on green foods and their benefits. They're packed with vitamins, minerals, fiber, and antioxidants, and they're key for supporting heart health, digestion, and maintaining a healthy weight.

The ladies enjoyed sampling a variety of green veggie dishes and drinks, sparking plenty of questions for Danielle and lots of laughter all around. Looking forward to seeing everyone again next month!



After normal (cigarette) Sunday and Monday

## Free breast screens

Aboriginal and Torres Strait Islander women will receive a **FREE** beautiful shawl to use during their screen and keep afterwards. (Limited number available)

Want to keep yourself healthy and strong? Come and get your breasts screened and protect yourself against breast cancer.



Free



Takes about 10 minutes



With a woman radiographer



Does not require a Medicare card or doctor's referral



For people without breast symptoms

**Tuesday 1 – Friday 4 July 2025**

18–22 Hunter St, Heywood VIC 3304

Winda-Mara Aboriginal Corporation  
03 5527 0060

In addition to breast screening, a Women's Health Clinic will also be available on-site, offering free 45-minute appointments with a female doctor. You can discuss:

Sexual and reproductive health, General wellbeing, Cervical and bowel screening, and other important health checks.



# YOUR ATSI HEALTH CHECK



**Aboriginal and/or Torres Strait Islander**

**Have a Medicare card**

**You're eligible for a yearly ATSI Health Check!**

## Supporting health with free annual health checks

This health check is important. It can help identify whether you're at risk of illnesses or chronic conditions. It's much easier to prevent these than to treat them, so catching them early can make a big difference.

If you have a chronic condition, your health check can help make sure you are getting the medication and care you need.

You can also ask your doctor about anything you're worried about or need help with.

Your doctor can only do this health check if you agree. You can have it every 9 to 12 months, and it's free at any Aboriginal Medical Service or bulk-billing clinic.

After your health check, your doctor can refer you to up to 10 free follow-up services if needed, like:

- a specialist or another health service
- a counsellor
- a service that works to prevent chronic conditions.

## What happens at a free annual health check

Your health check can take up to an hour. As well as the doctor, you might also see a nurse, an Aboriginal or Torres Strait Islander health worker or another health practitioner. Your check will depend on your age and circumstances, but your health professional might:

- check your blood pressure
- check blood sugar levels
- measure your height and weight
- do a blood test
- do a urine test
- ask about the health of your family
- talk to you about your health priorities and goals
- do other tests, as needed.

**Remember that it's your check, so have a yarn with your health worker about any worries you have.**



**Please contact our Medical Clinics to book your ATSI Health Check appointment today!**  
**Heywood 5527 0060, Hamilton 5527 0090**



**Your health is  
in your hands!**



# YARNING CIRCLE

## KINSHIP CARER SUPPORT



**Friday 25 July** | 10:30am - 12:30pm

39 Hammond St Hamilton

- 👉 Lunch included (catering from Speckled Frog)
- 👉 Transport available, contact Lauren to organise

### CONTACT

Lauren Millard | 0400 785 752  
laurenmillard@windamara.com

Carers Yarning Circles are a warm and welcoming space where Kinship carers can come together, share their stories, support one another through challenges, and honour the meaningful moments of caring.

It's about connection, community, and sharing the journey together.

### PERMANENT CARE AND ADOPTIVE FAMILIES (PCAF)

Permanent Care and Adoptive Families (PCAF) - advise and support families and carers to help children thrive. PCAF's purpose is to give families financial, support, services & advice that supports permanent care, kinship care and adoptive families to help their children to thrive. [www.pcafamilies.org.au](http://www.pcafamilies.org.au)

How PCAF supports families:

- 👉 Step by step guidance for those new to permanent, adoptive, or kinship care
- 👉 Advice on strengthening bonds with your child and their birth family
- 👉 Strategies for parenting children who have experienced trauma
- 👉 Resources to help you navigate important milestones like school transitions
- 👉 Assisting your child in exploring their life story and cultural heritage
- 👉 Referring to other relevant support systems, experts and financial aid
- 👉 Referral for legal matters, accessing documents, and finding community resources
- 👉 Access peer support networks and the Carer Assistance Program (CAP)

Permanent  
Care and  
Adoptive  
Families



Contact the helpline

Monday to Friday, 9am to 5pm, excluding public holidays | P (03) 9020 1833 | E [helpline@pcafamilies.org.au](mailto:helpline@pcafamilies.org.au)

### WHO CARES? PODCAST SERIES

Specifically designed for new foster carers, this podcast series provides guidance and tips straight from other carers and staff who work in out-of-home care in Victoria.

Hear carers discuss their personal experiences, including the ups and downs of supporting a child who cannot live safely at home. Whether you want to feel more prepared for your first placement or are just after some reassurance that you're not alone on your journey, we hope you listen and enjoy!

Available on Soundcloud through the Carer KaFE website:  
[www.carerkafe.org.au/resource/who-cares-podcast-series](http://www.carerkafe.org.au/resource/who-cares-podcast-series)



Carer  
KaFe



Scan to listen

Have you ever  
thought about  
becoming a  
**RESPITE  
CARER?**

Call 03 5527 0000  
to talk to our Family  
Services Team

### Winda-Mara are in need of new Respite and Emergency Carers

Care can look how you want it to look. One weekend a month, once a fortnight, or time during the school holidays.

Help our kids remain connected to community, by supporting our long-term carers to give them a short break.

Kinship carers  
keep our children  
connected to  
**Family,  
Community  
and Culture.**