



Welcome to the Tasmanian Aboriginal Corporation Counselling Service 2018

How we can help?



Andrew Hurst



Belinda Howard

Andrew has worked at the Tasmanian Aboriginal Centre for 13 years. He has a Bachelor of Social Work, a Masters of Administration and Policy, and over 25 years of experience as a Counsellor. He has worked in Alice Springs and London, United Kingdom in a wide range of positions.

Andrew works at the Centre from **Monday to Thursday**.

Andrew uses questions and various listening approaches to help people to find new ways of thinking and releasing emotional distress such as refocusing negative outlooks into more positive ones, and helping to build better futures.

Andrew has achieved his Accreditation as a Mental Health Social Worker and has a Medicare Provider Number. He can now accept GP Mental Health and Chronic Disease Management plans and work with you using psychological focussed strategies.

Belinda has worked at the Tasmanian Aboriginal Centre for 7 years. She has a Bachelor of Social Work and Diploma of Community Services. She has 12 years of experience as a Counsellor. Belinda has specialist skills in Alcohol and Other Drugs and Mental Health.

Belinda works at the Centre from **Monday to Wednesday**.

Belinda uses a person centred approach to her counselling. She works collaboratively with her clients to achieve their goals and increase their well-being. She works to help people identify and overcome behaviours and thought processes that stand in the way of progress.

Belinda has achieved her Accreditation as a Mental Health Social Worker and has a Medicare Provider Number. She can now accept GP Mental Health and Chronic Disease Management plans and work with you using psychological focussed strategies.

Free call 1800 132 260 to make an appointment with a Counsellor

Put sunscreen on my skin in *palawa kani* !

Some simple things to say with **takariliya - nanya** (your family).
(tah kah ree lee yah)(nah nyah)

ningi! (neeng ee)	nunga! (nu ngah)	panupiri (pah nu pee ree)	luwara! (lu wah rah)
Mum!	Dad!	The sun is	hot!



mina (mee nah)	luytil (loy tee)	prupari (pru pah ree)	sunscreen	mumtina-mana-ta. (mu mtee nah) (mah nah) (tah)
I'm	itchy!	Put	some sunscreen	on my skin.

***-ta:** on
is always attached to the end of the word which shows the location of the object.

***-mana** is ALWAYS attached to the end of the word it describes:
mumtina-mana= skin my=my skin.

Tasmanian Aboriginal Centre

Launceston, January



Invasion Day Rally & March 2018

We would like to thank everyone for their attendance to both the Hobart & Devonport Invasion Day Rally & March. We had an outstanding attendance at the Hobart Rally with an estimated 2000 people. Devonport had its first Invasion Day Rally with around 200 people attending.



ALCT Community Meeting

"Land Return, the Way Forward"

Hey you fellas, come along and join the discussion about Aboriginal land.

Topics such as the history of land return since 1995, land management, delegating land managers, living on Aboriginal land, will a National Park be returned and the future of Land Returns? Plenty to talk about.

We need your views to help identify and set the direction for our future.

Clyde Mansell

Where: Aboriginal Elders Council
163 St John Street., Launceston
When: Friday, February 23rd
Time: 10.30am onwards



Let us know if you are coming so we can organise a feed.
For further details Contact Clyde on
c.mansell@alct.org.au or 0429 312 833

TAC Renovations

The TAC would like to thank everyone for their patients & understanding throughout the first half of our major renovations.

While the second half of the renovations are underway the Charles Street entrance will not be accessible. We will be using the Fredrick Street entrance.

**Renovations are due to finish by
June 30th 2018**

Prepare kipli

(kee plee)

Prepare food

4 week waypa Cooking Program

(why pah)

men's

Do you feel lost in the kitchen?

Come and learn basic cooking skills and healthy eating in a friendly environment with

If you are interested, call Kerry at the TAC on 1300 132 260

Where: 38 Frederick St, Launceston

When: Wednesdays, Starting 21st February

Time: 1-2.30pm

Meningococcal ACWY Vaccine

is now available for 15-19 year olds. Make an appointment on 1800 132 260

Walking Group

Regular exercise can help:

Increase muscle & bone strength

Improve blood glucose levels

Reduce stress & anxiety

Improve blood pressure

Manage your weight

With Kerry

Every Monday

11.30am—12pm

Meet at TAC Launceston

Shingles Vaccine

available for all 70 year olds, Make an appointment on 1800 132 260

Art Therapy

Art Therapy is one way of connecting and expressing our emotions by being kind (narakupa) to ourselves.

Art can also help sooth our stressors and help create healthy minds (payngana nayri).

Come along to learn and create art and enjoy sharing time with others.

Certified Artist, Judith-Rose Thomas will support you through the session with our counsellor Belinda Howard.

Starting Mondays for term one

Dates: 12th, 19th, 26th of February

& 5th, 19th, 26th of March

Time: 12.30 to 2.30pm

Where: 38 Frederick St, Launceston

Please contact reception if you are interested to reserve your spot on 1800 132 260

Would your child like to come to after school youth groups in 2018?

Call Rosetta Thomas, Youth & Language Worker, at TAC on 1800 132 260 (toll free) or 6332 3800

Activities will include:

- Learning our language *palawa kani*
- Creating our own songs & dances
- Performing during NAIDOC week
 - Arts & crafts
 - Cooking
- Collecting natural fibres, basket + string making
 - Excursions on Country
 - Shell necklace making
 - Sports
 - Bull kelp basket making
 - And much more

pakana kitina group: MONDAYS

Ages 5 – 10 years

GIRLS & BOYS

pakana-ripa group: WEDNESDAYS

10-16 years

GIRLS & BOYS

kanaplila- ripa group: THURSDAYS

8-16 years

GIRLS & BOYS

If your child attended groups last year, please contact Rosetta. Your child may now attend on a different day than last year. We also need to update all your contact details before group starts.

If you do not contact the TAC, we'll assume your child will NOT ATTEND groups this year. Please call soon, as we have children on waiting lists for all groups.