

Our wellbeing services and programs

- Psychology, Counseling and Case Management
- Aboriginal Youth Mentoring and Counseling Program
- Substance Use Support
- Mental Health/Social Emotional Wellbeing
- Shoalhaven Koori Men's Group
- Shoalhaven Koori Women's Group
- SMART Group
(Self-Management & Recovery Training)
- Tackling Indigenous Smoking (TIS)
- Strong Foundations - Koori Kids Wellbeing Program
- Youth Group
- Aboriginal Child Mentoring and Counseling Program
- Ngudjoong Billa
Aboriginal Justice Reintegration Program
- Casework Support Program
- Aboriginal Mental Health First Aid

Opening hours

Mon - Thurs: 8.30am - 6.30pm

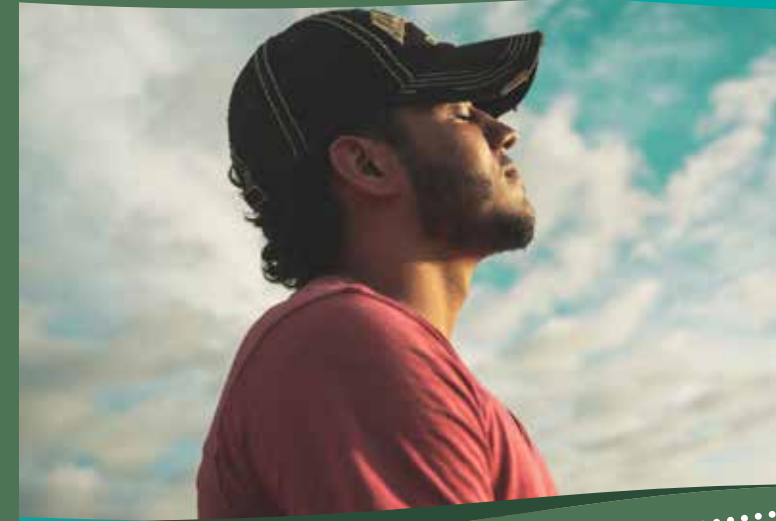
Friday: 8.30am - 5:00pm

All clinics are closed on weekends and public holidays. Clinic times are subject to change, please call reception to make an appointment.

Contact our team for more information.

-  (02) 4448 0200
-  1800 215 099
-  (02) 4428 6601
-  intake@southcoastams.org.au
-  www.southcoastams.org.au
-  Jane Ardler Centre
51 - 53 Berry St, Nowra
-  Caledonia House
Level 3, 59 Berry St, Nowra

Wellbeing Services



"WALKING WITH YOU
ON YOUR HEALTH CARE JOURNEY"

South Coast
Medical Service
Aboriginal Corporation





Our **Wellbeing services and programs** approach health and wellbeing holistically and deliver a wide range of programs and services to support a balance in physical, social, emotional, cultural and spiritual health.

Our **Psychology, Counseling and Case Management** team work with individuals, families, groups and communities considering their physical, social and cultural environments, their past and current experiences, and their cultural and belief systems.

There are no costs involved for seeing our wellbeing team, however clients wanting to see the psychologist should talk to their GP about Medicare items that may be required.

Our **Shoalhaven Koori Men's Group** provides education and support to local Aboriginal men aged 16 and over with social health needs such as domestic and family violence, social and emotional wellbeing, and substance use. By creating a safe place to promote and discuss community issues and concerns, the group aims to increase community safety and wellbeing.

Our **Shoalhaven Koori Women's Group** aims to support local women with social health concerns such as substance use, confidence, self-esteem, and health and wellbeing.



Our **SMART Group** (*Self-Management & Recovery Training*) focuses on assisting for Aboriginal and Torres Strait Islander people with problematic behaviours such as drugs, alcohol, cigarettes and gambling.

Our **Strong Foundations** (*Koori Kids Wellbeing Program*) aims to support the social and emotional wellbeing of Aboriginal and Torres Strait Islander students aged 7-13 years in participating primary schools in the Shoalhaven region. We provide group sessions, individual counseling, and community education. Our aim is to raise awareness of mental health wellbeing, encourage help seeking behaviours, increase resilience and build stronger communities.

Aboriginal Youth/Child Mentoring and Counseling Programs are in-school programs that support Aboriginal children and young people in their emotional day-to-day well-being and assist in building cultural identity, positive self-esteem, resilience and personal empowerment. They also aim to increase engagement in school participation and attendance and provide a place for creative expression. The program utilises mentoring and art/play-based therapies with participants working alongside their Aboriginal Mentor and Child Therapist in a range of activities.

The **Youth Group** is a diversionary program that provides mentoring and support to at-risk youth identified by the justice system or have disengaged from services and required additional support.

The **Casework Support Program** works in partnership with Juvenile Justice to support Aboriginal and Non-Aboriginal youth between the ages of 12-18 years to reduce the rate of re-offending. They provide intensive support over a 12-week period and offer the program in Eurobodalla, Bega Valley and the Southern tablelands.

The **Ngudjoong Billa Program** is a 20-week Aboriginal Justice Reintegration program delivered in partnership with Juvenile Justice, developed specifically to provide further support for Aboriginal and Torres Strait Islander young people within the Shoalhaven who are currently in the Juvenile Justice System. The program encompasses a cultural support and education component whilst focusing on the social difficulties young people encounter and aims to help them successfully reintegrate into community and prevent re-offending.

Our **Aboriginal Mental Health First Aid** accredited course teaches adults how to assist Aboriginal and Torres Strait Islander people experiencing a mental health crisis or developing mental health problem.

The **Tackling Indigenous Smoking (TIS) Support Group** supports Aboriginal and Torres Strait Islander people who wish to cut down on smoking or to quit smoking. The program is delivered regionally throughout the Shoalhaven, Eurobodalla and Bega Valley.