



**Health**

Nepean Blue Mountains  
Local Health District

# Family cultural support

## Koori Cuppa

Aboriginal women's group meets fortnightly on Wednesday, 10am - 12pm.

Contact: Jen 4706 0280 or 0437 083 839

## Nurse-Family Partnership Program

Home visiting program that offers support and education throughout pregnancy and motherhood until your child is 2 years of age. For first time mums who sign up before 26 weeks pregnant.

Contact: 8869 4100 or email [anfpp@gwahs.net.au](mailto:anfpp@gwahs.net.au)

## Greater Western Aboriginal Health Service

Doctor and Aboriginal Health Worker services by appointment.

Contact: 4729 7300 (Penrith) or 9836 7300 (Mt Druitt).

## Aboriginal Counselling Services

Contact: 0410 539 905 (Penrith) or email [Admin@aboriginalcounsellingservices.com](mailto:Admin@aboriginalcounsellingservices.com)

## Building Strong Foundations

Care from a Child and Family Health Nurse and Aboriginal Health Worker from birth to 5 years of age.

Contact: 4730 5100

## Muru Mittigar

Seeks to create a better understanding of Aboriginal culture in the wider community, create new jobs, provide financial counselling, develop workplace skills training and increase sustained employment opportunities.

Contact: [www.murumittigar.com.au/contact/](http://www.murumittigar.com.au/contact/)

## Marrin Weejali

Provides culturally safe alcohol, other drug and non-acute mental health counselling, referral and advocacy services to members of the Aboriginal and Torres Strait Islander community of Western Sydney.

Contact: 9628 3031 or [marrinweejali.org.au/contact-us](http://marrinweejali.org.au/contact-us)

## Casuarina Family Project

Therapeutic casework to Aboriginal families in the Penrith area.

Contact: Narelle, Aboriginal Family Practitioner on 0417 445 451 or [Narelle@nepeancommunity.org.au](mailto:Narelle@nepeancommunity.org.au)

## Kooly Aboriginal Supported Playgroup

For children 0-5 years old and their carers. Held at Cranebrook. Transport available. Fridays 10am-12pm.

Contact: Zoe S 0409 986 121

## Dark Emus Aboriginal Supported Playgroup

For children 0-5 years old and their carers. Held at Werrington. Transport available. Wednesday 10am-12pm.

Contact: Amy 02 4729 0442 or 0477 004 773