

## Connect with Mob Program



## Aim

Our 6 Week 'Connect with Mob' Program' is designed for Aboriginal adults to further strengthen their connection to their culture and spiritual wellbeing. The online program is led by our Senior Aboriginal Educators and includes a range of cultural activities focusing on building their identity, connection to Country, cultural expression, values and beliefs.



By purchasing our products, 20% of our profits will go towards helping the local Aboriginal communities of NSW.



## **Program Overview**

Week 1 - Cultural Identity & Connections

Week 2 - Songlines, Art and Ochre

Week 3 – Bush tucker & Bush medicines

Week 4 – Tools and Artefacts

Week 5 - Weaving Techniques and materials

Week 6 – Storytelling and Yarning

## Inclusions

- > 6x 45-minute weekly sessions with Senior Aboriginal Educator
- > Personal Cultural Identity book
- > White Ochre
- > Native bush tea
- > Raw Artefact
- > Weaving materials
- > Weekly sms & email reminders
- > Postage for Program Supplies

Cost: \$699 per person ex. GS

