



DREAMING ON THE EDGE

HOPE AND HEALING RETREAT
MARCH 16TH – 18TH 2016

CANDLEBARK FARM 531 HEALESVILLE - KOO WEE RUP ROAD

This conference is supported by funding from the Australian Government
Department of Health and Mental Health Australia.



Media Release

DREAMING ON THE EDGE RETREAT 2016

Event: Dreaming on the Edge Retreat 2016

When: 16th -18th March 2016 2016

Where: Candlebark Farm - 531 Healesville-Koo Wee Rup
Road Healesville VIC 3777

The Dreaming on the Edge Retreat aims to build unity, motivation and inspiration within the Aboriginal community in the Eastern region of Melbourne by sharing experiences about Mental Health, Spiritual and Emotional Wellbeing.

The focus of the Retreat is on reducing shame and stigma through the theme of *Hope and Healing*. Community members have offered to share their stories reflecting their personal journey's toward spiritual and emotional wellbeing.

We have a number of local Aboriginal people supporting our event most notably, Brooke Collins, Wurundjeri woman who will be performing a Welcome to Country and smoking ceremony on each morning.

We are honored to have Uncle Jack Charles, 2015 Victorian Senior of the Year and well respected Elder, share his own story with us.

Emeritus Professor, Aunty Judy Atkinson will also be a special guest sharing from her vast knowledge and wisdom in the area of trauma. Aunty Judy will be presenting to the group but also running some smaller women's traditional yarning circles.

Colin Moore, an Aboriginal man from NSW will be sharing his story of addiction and recovery as well as sharing his experience of travelling to many Indigenous communities around Australia and the world. Colin has built strong links with Indigenous communities in the USA and Canada.

There will be a strong cultural focus, drawing on Indigenous wisdom and spirituality through traditional art, bushtucker, bonfire yarning and music.





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"Candlebark Farm is a beautiful bush setting with a pool, climbing walls, and lots of areas to take great walks. There will be time to reflect in a relaxed atmosphere, dormitory accommodation and activities with heaps of fun," said Peter Ruzyla CEO of EACH.

Aboriginal Elder Aunty Irene Norman will also be at the retreat and has expressed her eagerness for the event, *"I am excited to be part of this event sharing my art and my own personal story"*.

"I am proud to have the opportunity to be the event organiser, leading a group of local Aboriginal people to put this event together for our community. All of our local Aboriginal organisations have been involved. It's exciting to see our community members willing to share their journey together, which brings healing and hope to everyone. Sharing culture helps to bring a greater sense of self and community," said Merilyn Duff, EACH Aboriginal Mental Health Coordinator and community member.

EACH invites the media to cover the retreat, for more information please contact Merilyn Duff on 98711802 or at dreamingontheedge@each.com.au, or visit www.each.com.au/dreamingontheedge.

