

# BilaEmpower

In collaboration with



## **NEED A YARN?** **INDIGENOUS HEALING PRACTICES** **EAP SUPPORT SERVICE**

**Building positive relationships**

**Cultural Supervision**

**Embracing life and managing pressures**

**Grieving, bereavement, Sorry Business**

**Resilience and emotional regulation**

**Mental health concerns and challenges**

**Managing change in work and personal environment**

To make an appointment, please scan the QR code to book a 60 min session



Tod

Bianca

*trauma-informed - culturally safe -  
confidential - decolonised*