



My Kaarla Mia[®] plan

COUNTRY

Being on your homeland, your Boodja, can be restoring, healing and familiar. It can connect you to your story, your ancestors and give you a deep sense of belonging.

ELDERS

Spending time with your Elders helps you understand where you come from and who you are connected to. The stories, cultural knowledge and wisdom they share can help you as you go through life. They are your role models and their guidance is very important.

SPIRITUALITY

Connecting with your spirituality can help when facing life challenges. It is a personal journey, but a holistic spiritual pathway may offer you guidance and healing.

FAMILY

Family is at the heart of Aboriginal culture and strengthens your identity and knowledge of your role in life, your obligations and responsibilities. Family teaches you about the land around you and supports you. In Noongar language the word for good or well is Moorditj and the word for family is Moort. Language, tells a story that wellness and family are strongly linked.

CULTURE

Celebrating your culture is something to be proud of. Sharing stories and traditions can help link you to your people throughout time. Hunting and gathering with your Elders on country and using language can help build deeper connections to culture, family, country and spirituality.





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Each of the Kaarla Mia[®] circles is connected to support wellness and resilience. Each of these areas can support you to have a sense of identity, wellbeing and belonging to your culture. Use this plan to help you think about how you connect and how to strengthen your connections.

FAMILY



COUNTRY



SPIRITUALITY



ELDERS



CULTURE



