



# Nurturing Families Program

Nurturing Families is a free service offering long-term outreach support for Aboriginal women who are pregnant or parenting and not well connected with community services

## We can help:

- Meet women and families in their home or community
- Assist to meet emotional, spiritual or practical goals
- Provide parenting support
- Advocate on behalf of participants and their families
- Assist to build and maintain a safe and healthy family
- Identify goals and steps to achieve them
- Getting alcohol and drug treatment
- Staying strong in mind, body and spirit



*Luma acknowledges the past and present traditional owners of the land: the Wadjak Noongar people*

## For Aboriginal Women

### Are you;

- Living in the Perth Metro area?
- Pregnant or have child/ren up to 12 years old?
- Struggling with current or past Alcohol and/or Drug use issues or mental health challenges?
- Feeling like you don't have a lot of support and not sure where to go?

[luma.org.au](http://luma.org.au)

227 Newcastle Street,  
Northbridge WA

6330 5400  
[support@luma.org.au](mailto:support@luma.org.au)

**LUMA** FOR HER HEALTH  
AND WELLBEING