



Bila Empower
STRONG SPIRITS & COMMUNITY

**In collaboration with established Sovereign First Nations
Businesses across Australia**

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,
- pick the Allied Health Professional (mental health) that you want to work with
- Book directly into their calendar

It's that simple!



Booking Page

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