

Mindful

COLOURING IN BOOK



SWAMS Women's Camp 2017

In October 2017 the South West Aboriginal Medical Service (SWAMS) hosted a three day women's camp in Siesta Park Busselton, by the ocean and bush. Nineteen local Aboriginal women attended the camp. The camp program focused on suicide prevention through helping women seek their own healing.

Wisdom in Your Life facilitators were invited to deliver the Map of Loss program which is a practical visual tool that helps people to develop coping skills, build resilience, increase self-awareness and promotes self-care.

A bush medicine workshop was delivered by local Noongar women, Vivienne Hansen. The session included an interactive talk on bush medicine and bush plants with the opportunity to touch, smell, taste and feel the plants, flowers, nuts and oils. The women enjoyed traditional lemon grass tea, made their own tea bags and pot pourri, and were able to take home samples of flora and soap made by Vivienne herself. Within this workshop the women were inspired to keep on learning more about their connections with the land and bush medicines.



Throughout the camp everyone was encouraged to create art using water colours, paints, pencils, ochre paints, oil pastels, canvases, paper and markers. To help with some inspiration, the women explored the beach and bush, collecting materials to use in their art and to have time to connect and reflect within themselves. One of the outcomes of the camp is this Mindful Colouring In book. We would like to thank all the women who attended the camp and gave permission for their artwork to be brought to life in a colouring in picture and shared in this book.

Hope you enjoy this resource as much as the women who were a part of its creation.

Proudly Supported By

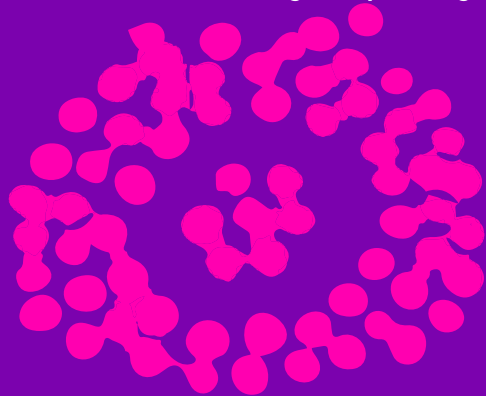


**Government of Western Australia
Mental Health Commission**



When I see a rainbow it makes me happy
When the moon is shining brightly I
Can see my way around
The winter is where I keep warm
And watch out the window watching
The birds flying high
The trees tall blowing in the wind
Whispering to me
When the winds blow it blows all my
troubles away.

By Marjorie Ugle



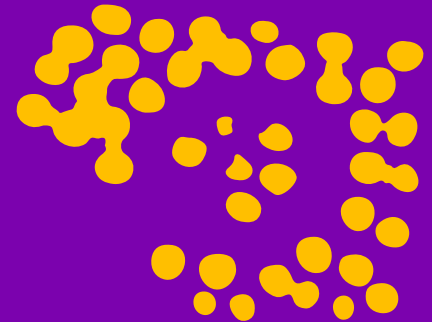
Reflection of Me
Stop it!
Stop it now
Look at me
Looking at you
I can see the hurt
The pain
The stress
Show me
Show me now
The love
The kind
The beautiful woman that you are
Regain your self ego
Just a reflection on me in the mirror

by Charmaine Williams



Life
Black is the sky that comes at night
The white is the stars that shines at night
The red is the sand that's shaped by the
wind
Look in the mirror and what do I see, the
colours of our land
that reflecting back at me.

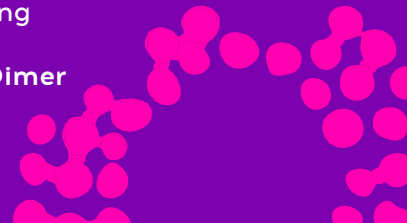
By Erica Anthony



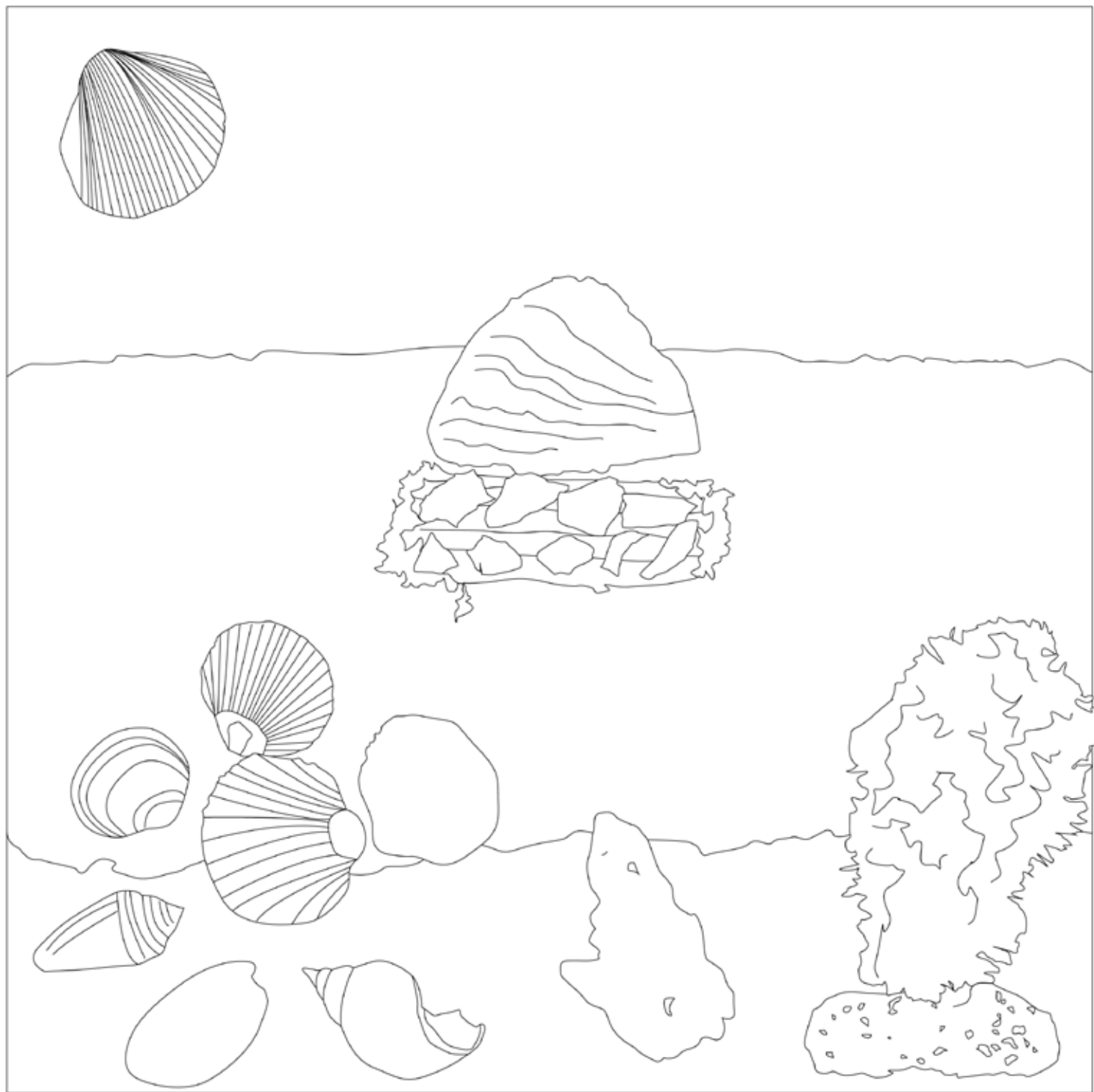
Night

Stars bright, night is dark.
There's a shape that could be seen hiding behind
the tree sitting in the open space.
The night is silent where I am sitting
Peering out into this cold winter season
I was sleeping still as the mountain
Laying here like a queen in my bed
The smell of the night as sweet as a melon in the
great land I am living
The sandy brown sand was our playing ground
just outside the door
Listen, a night owl could be heard screeching in
the distance
A mosquito was zipping in and out, it was carried
in by the wind
I am an Aboriginal living in the great land
My home, my wellbeing, my spirit, my soul, my
everything

by Joyce Dimer









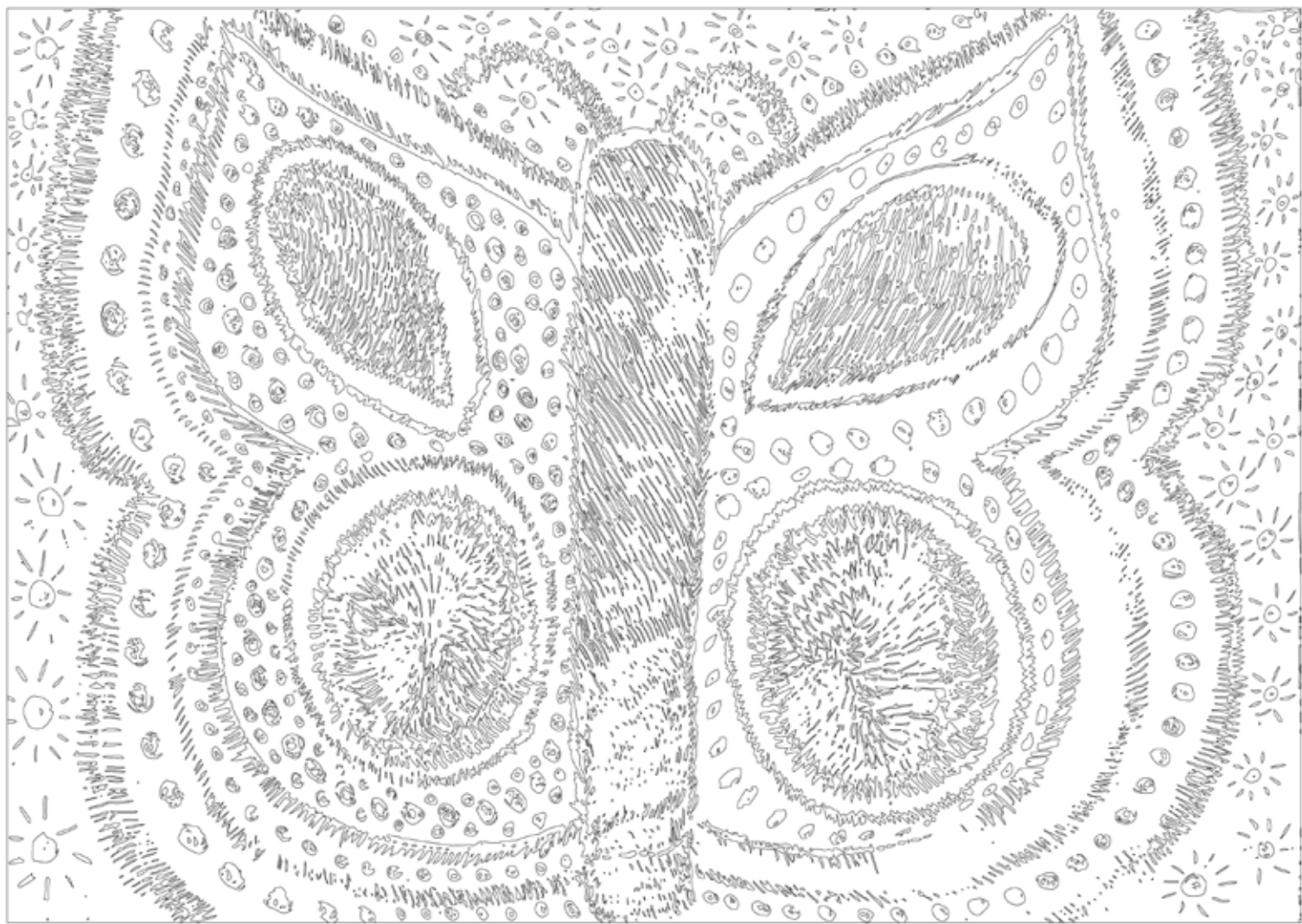
Seaside at Busso

Annette Garlett





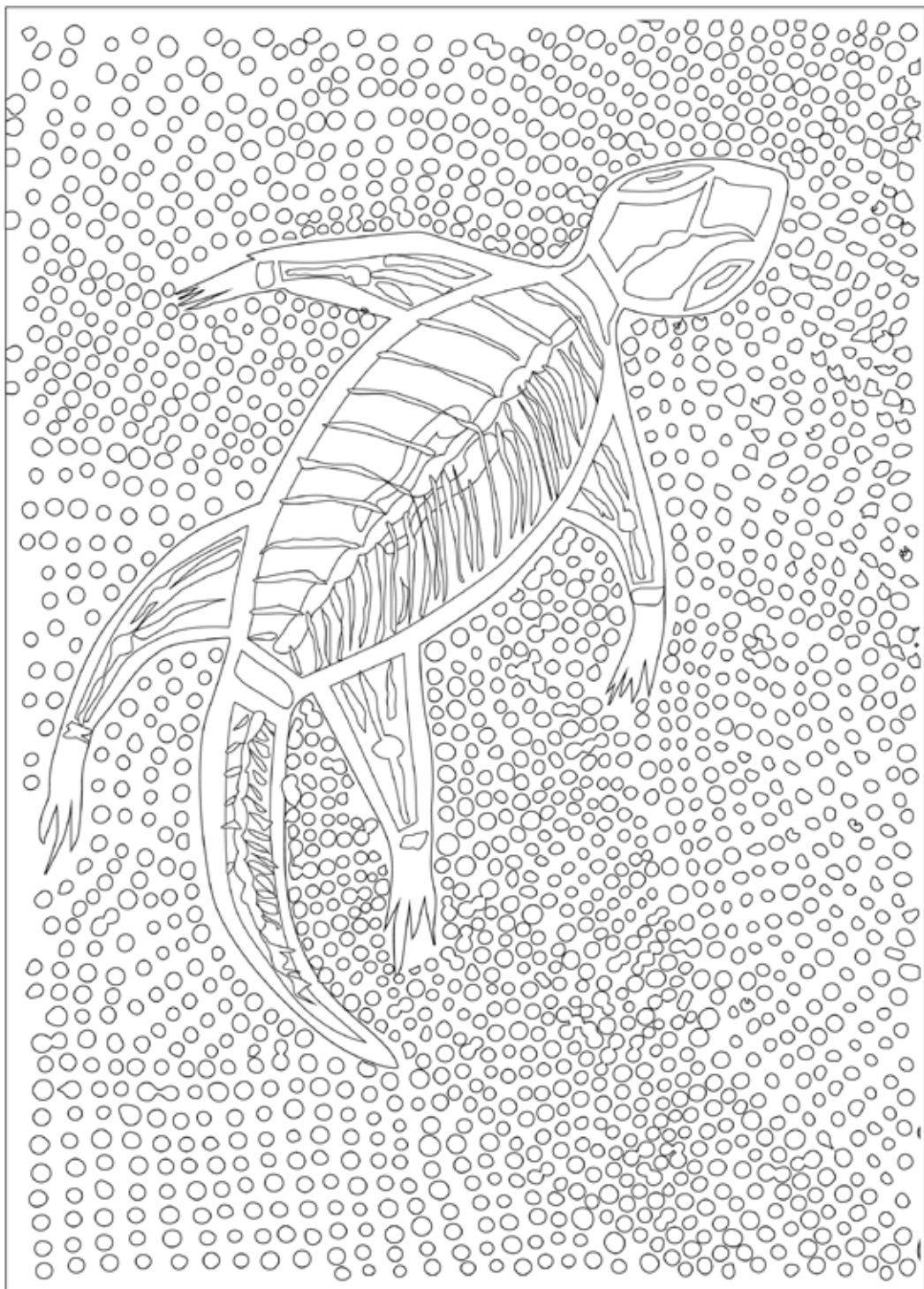
Birds & a Boat
Charmaine Williams





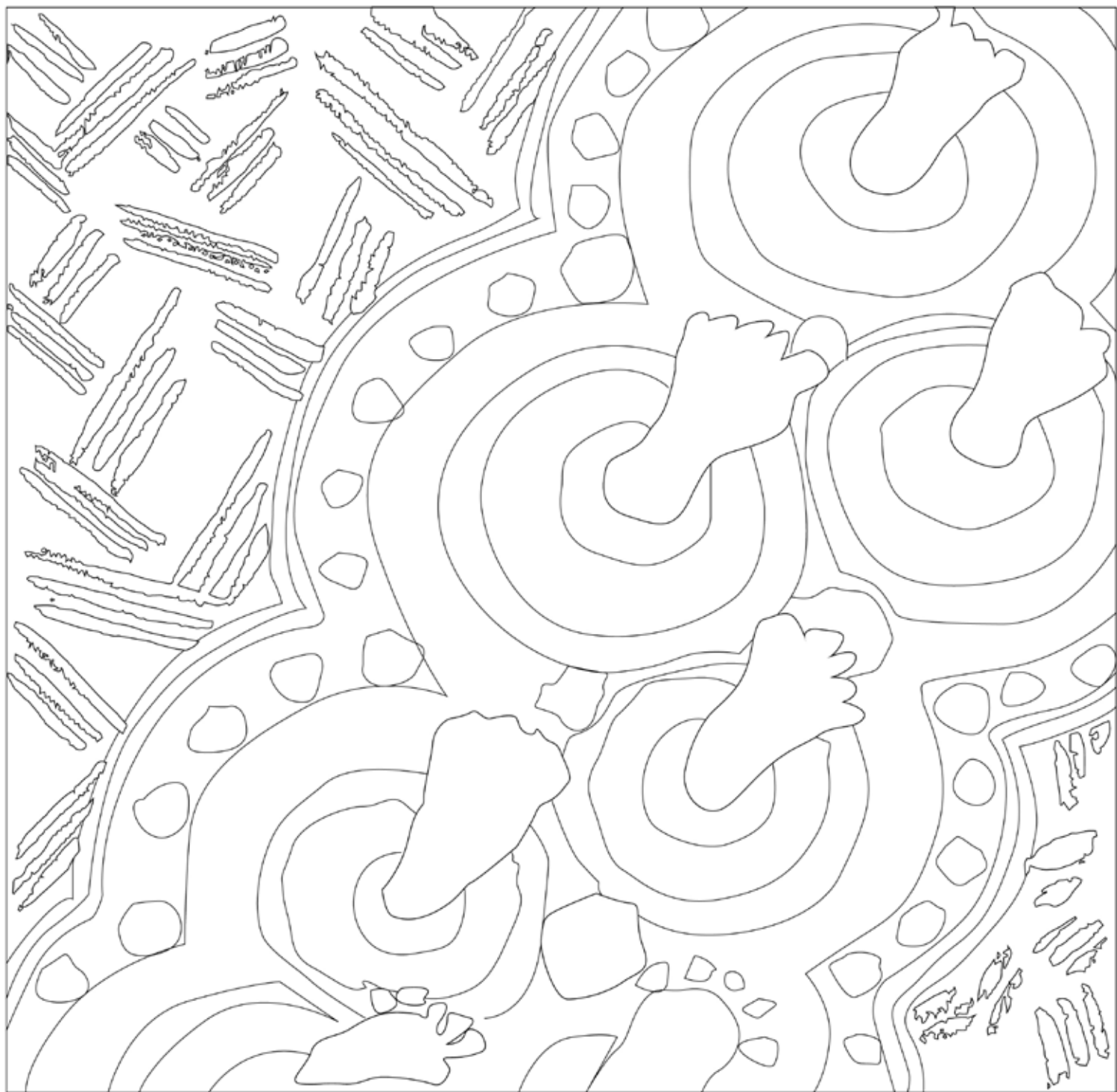
Butterfly

Charmaine Williams





Wilderness
Erica Anthony





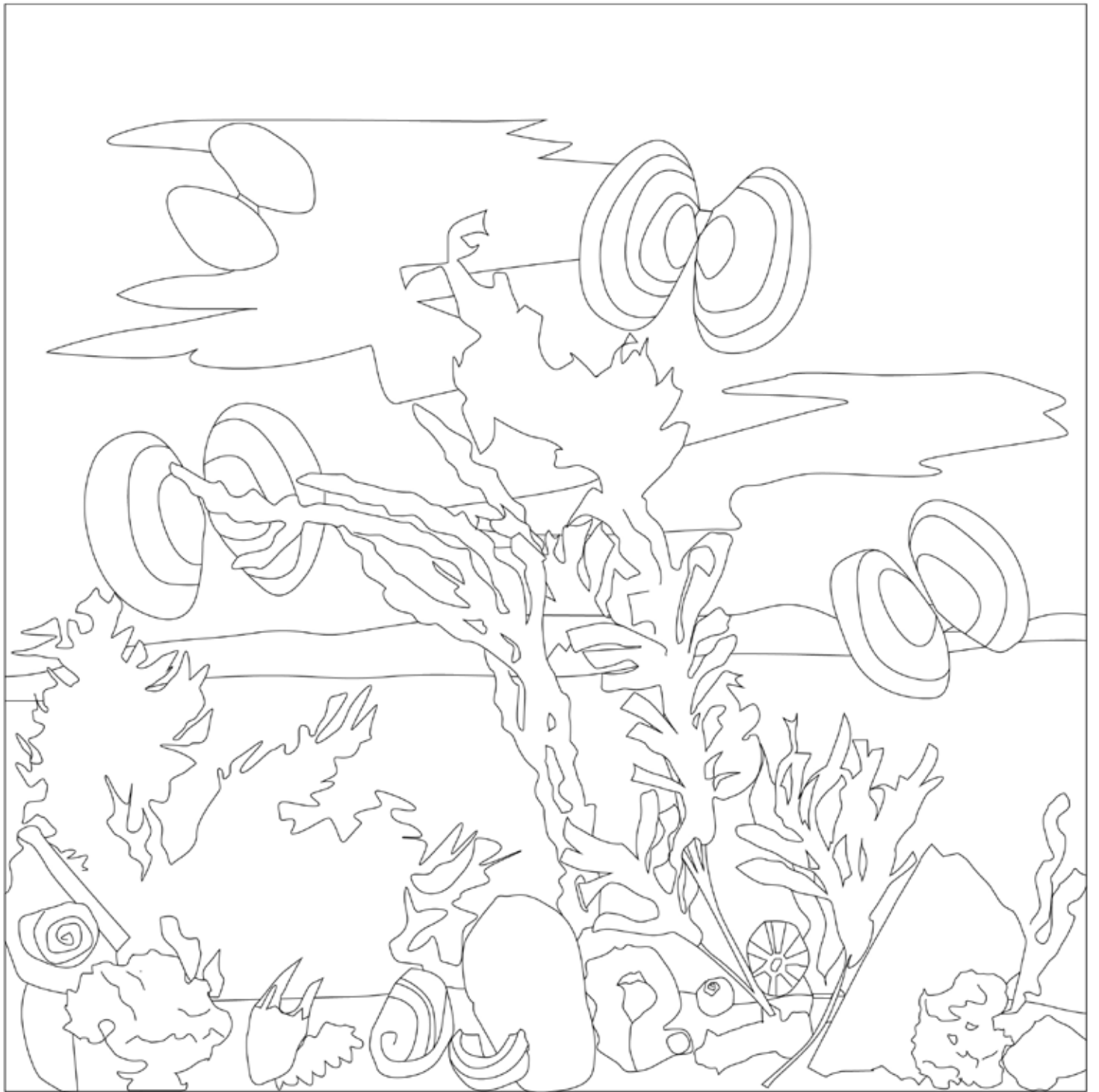
Movements of Waves

Dallas Kickett





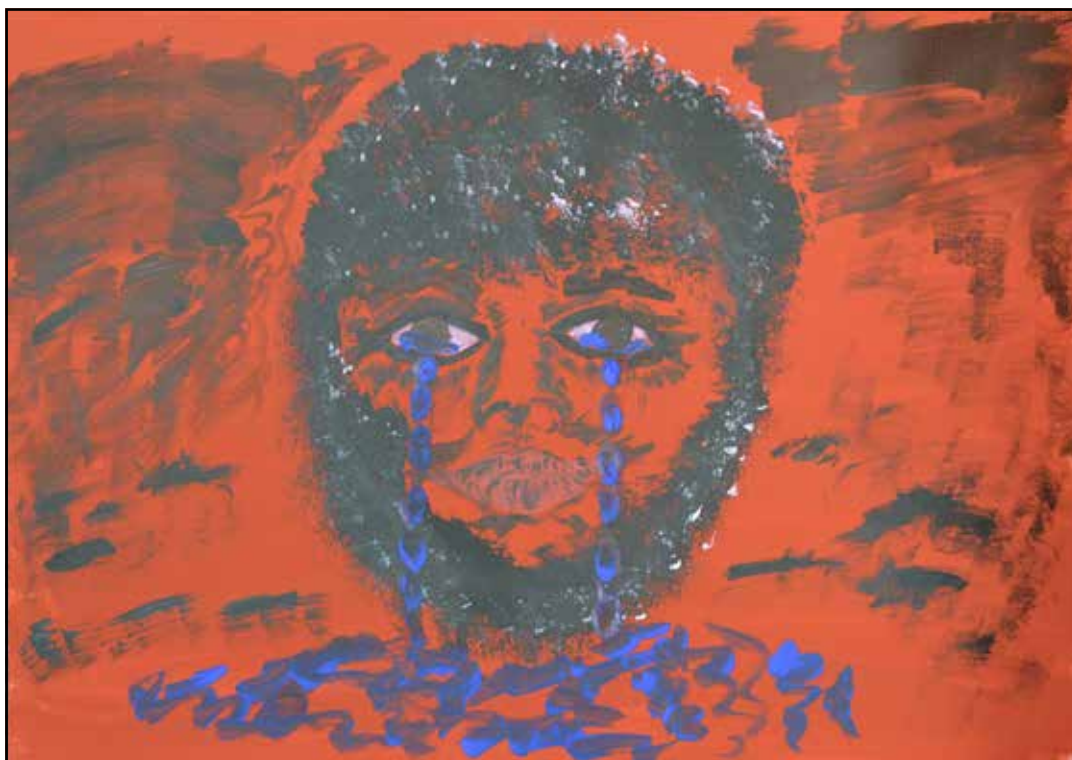
Beach at Night
Erica Anthony



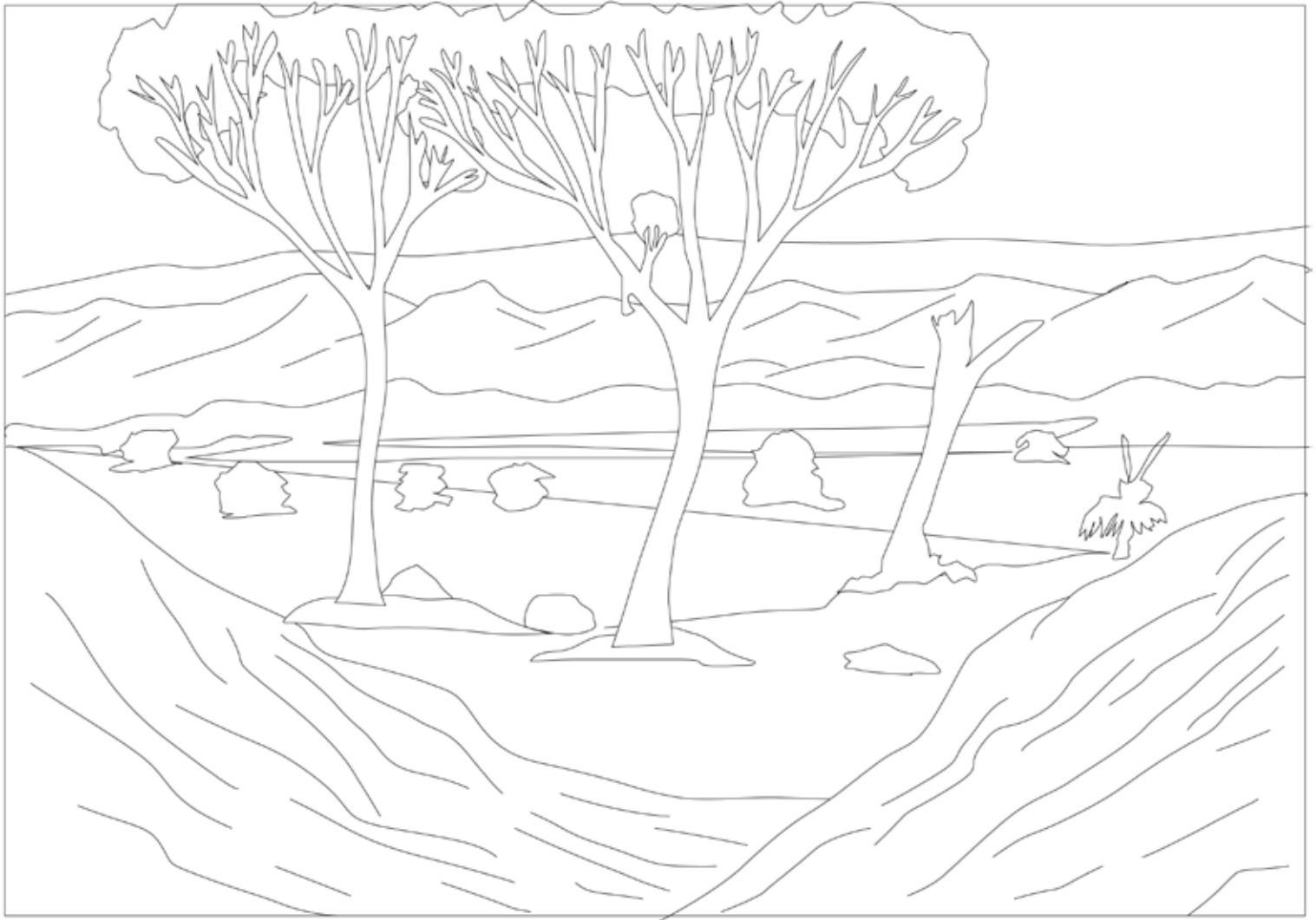


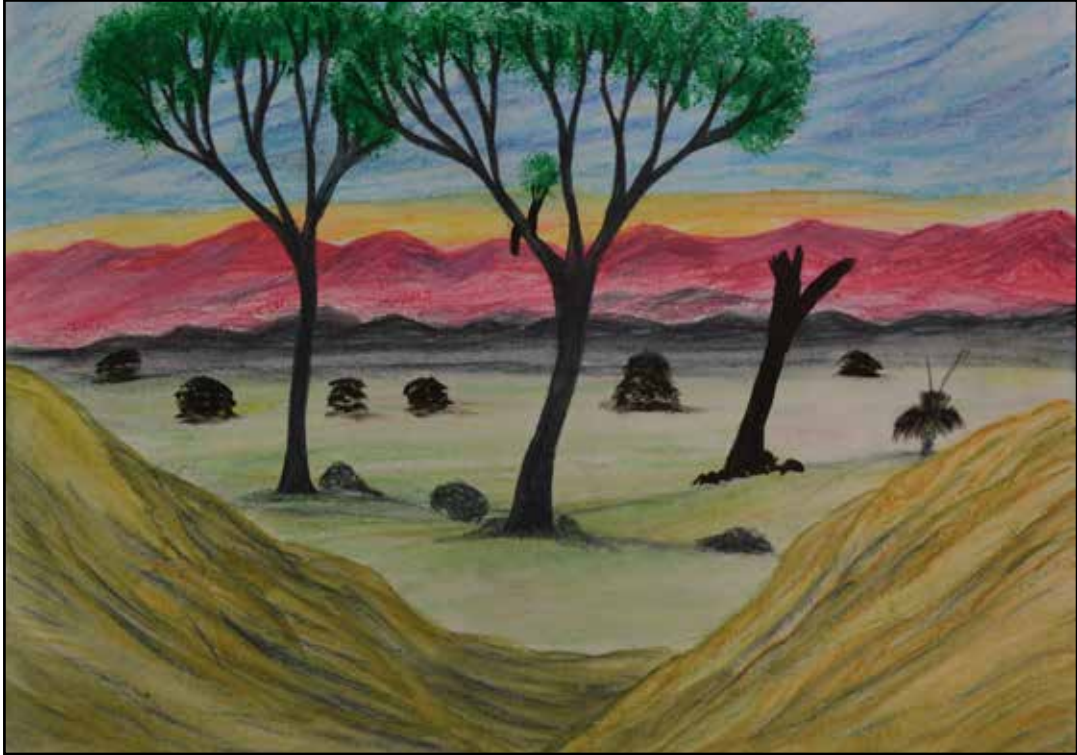
Butterfly Flying
Mary Pickett (Morgan)



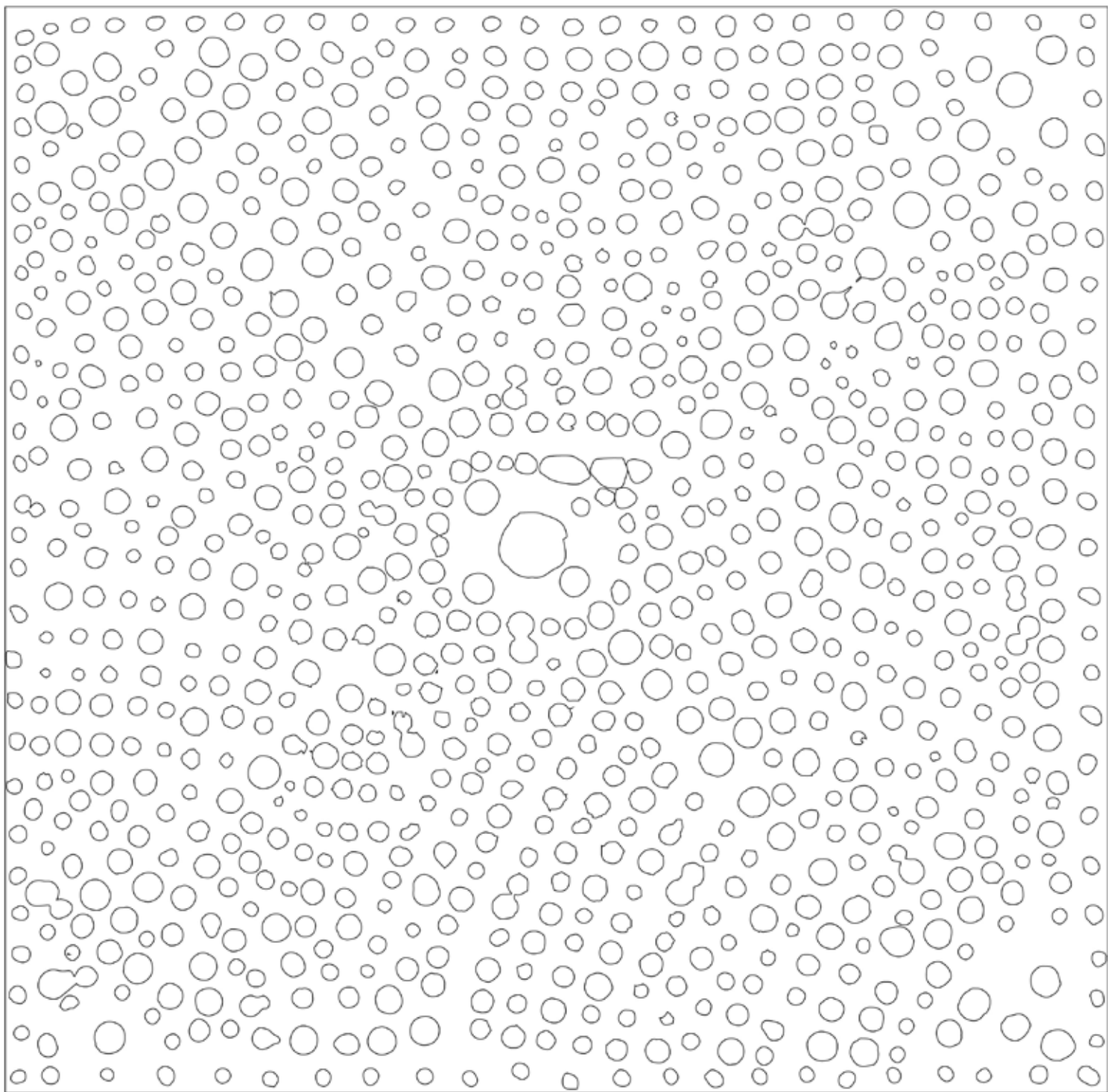


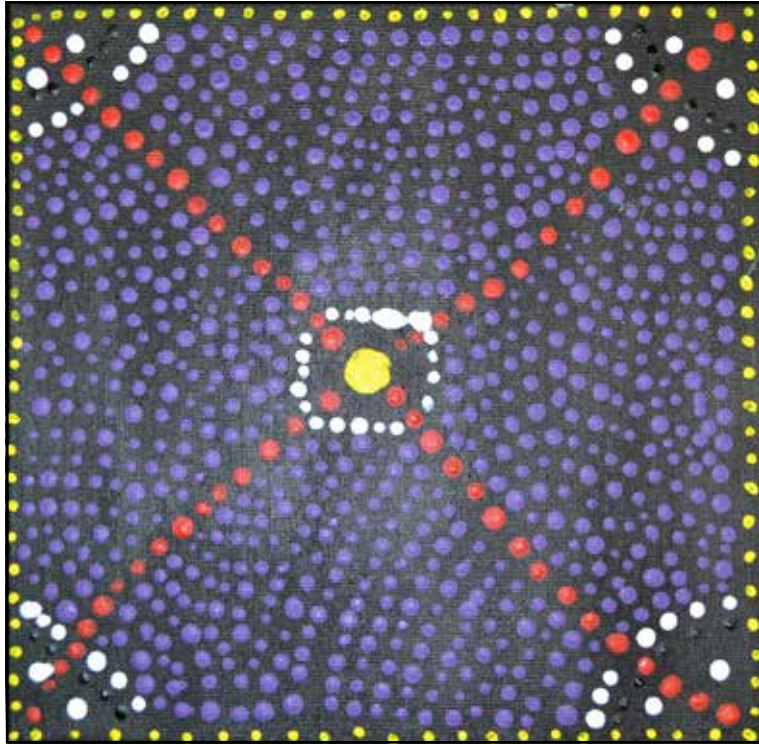
Face of Life
Erica Anthony





Landscape
Joyce Dimer



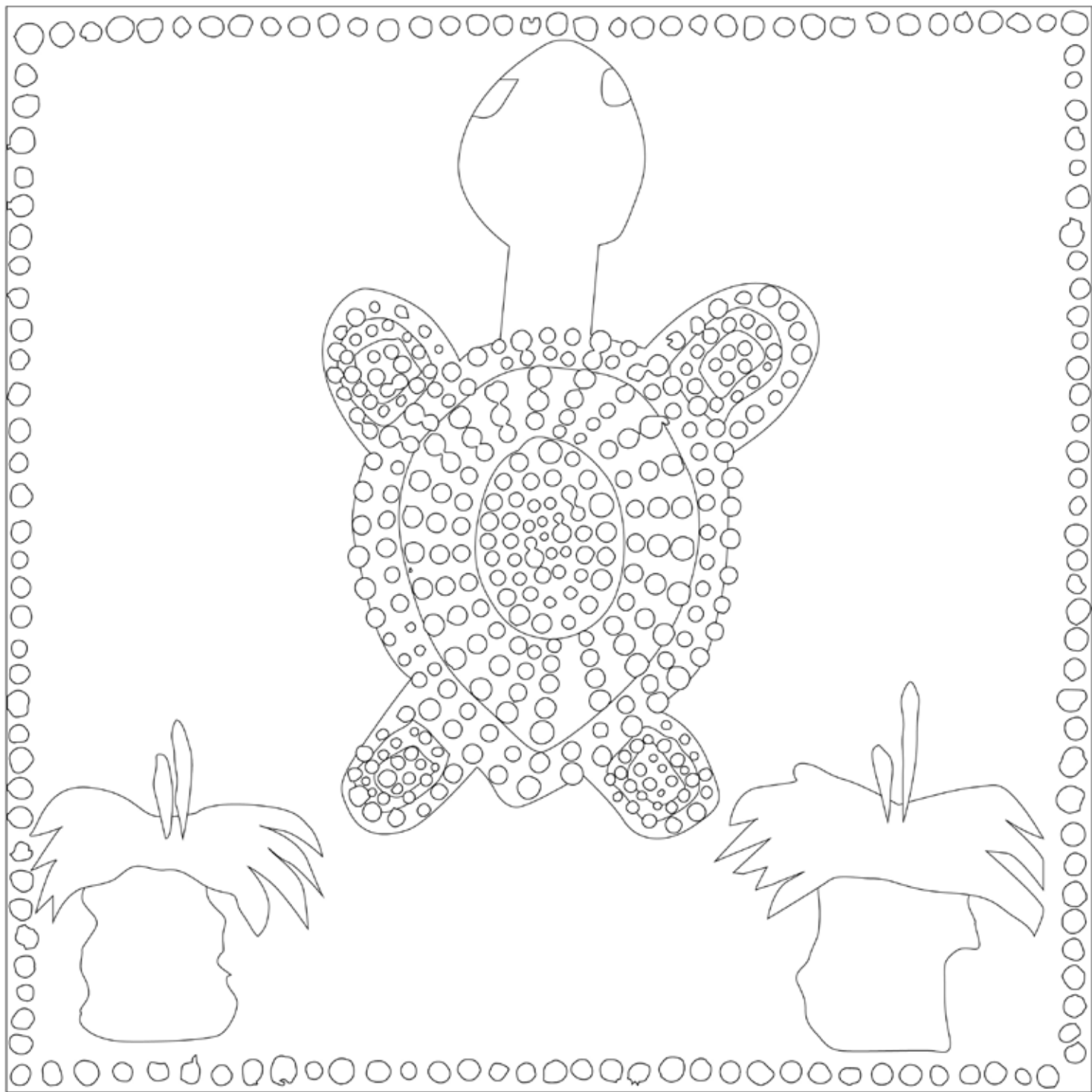


Healing - Gathering
Melinda Thorn





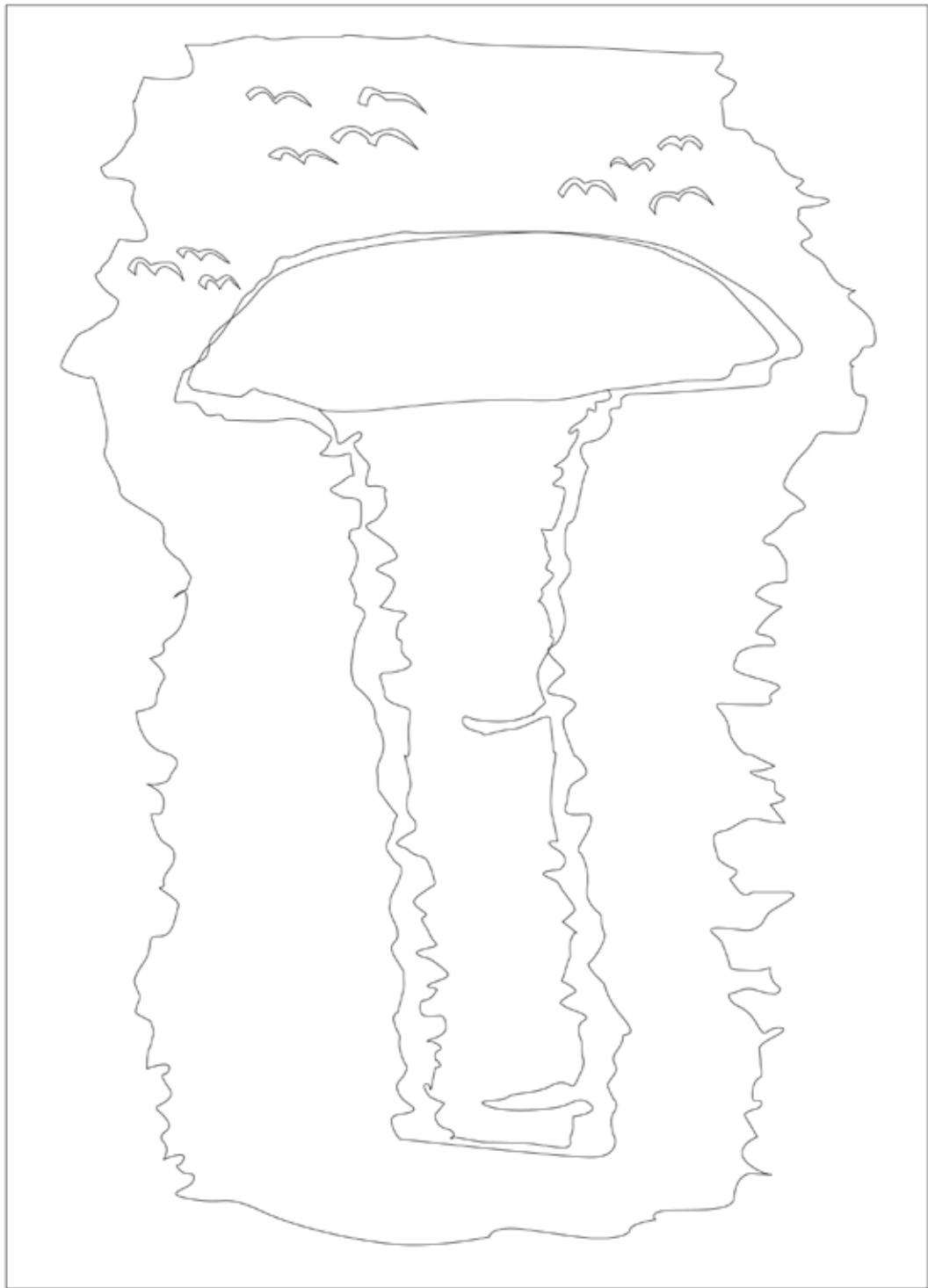
Beach Front
Krystal Jetta





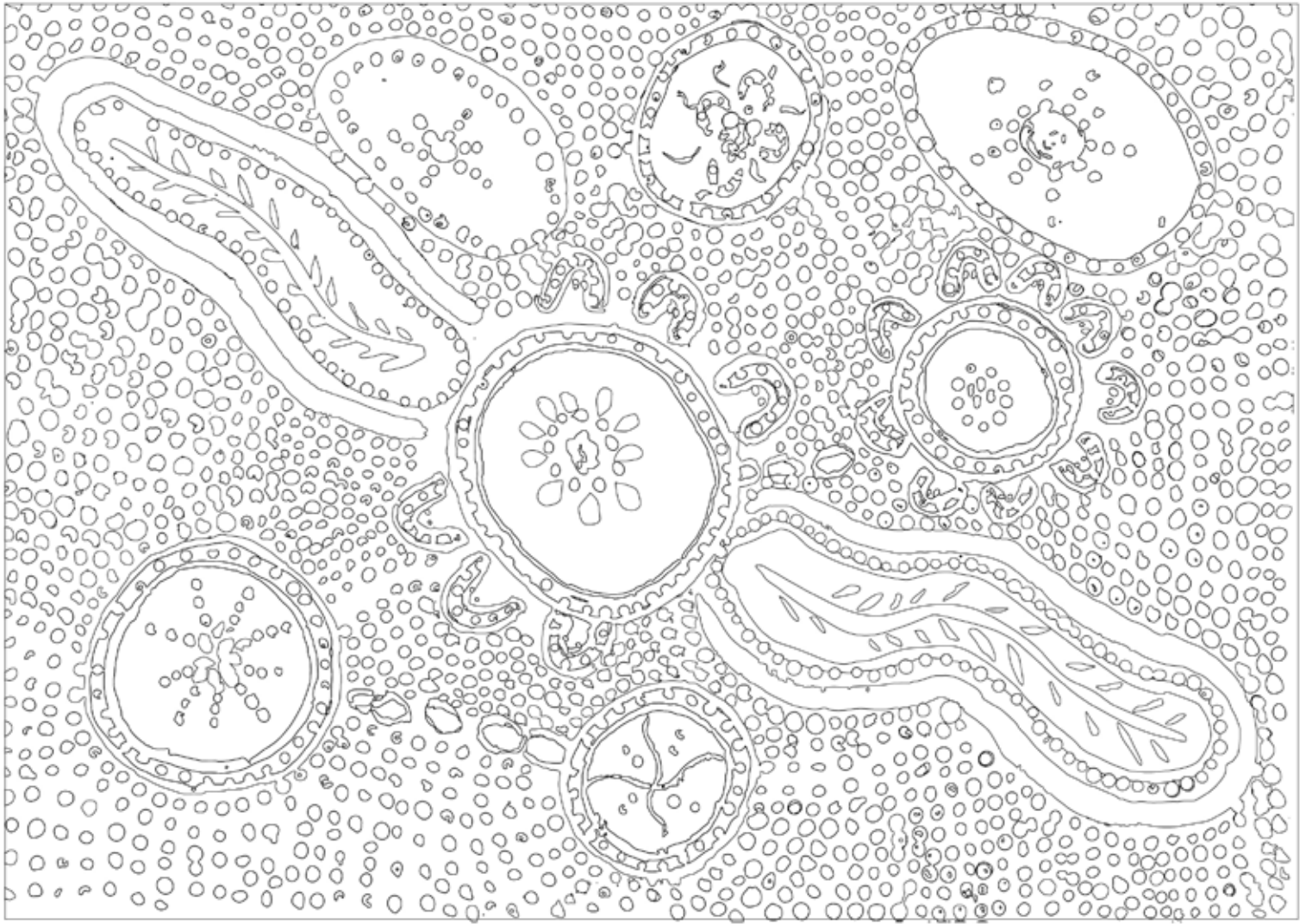
**Turtle travel from ocean
to the black boys for help**

Krystal Jetta





Krystal Jetta



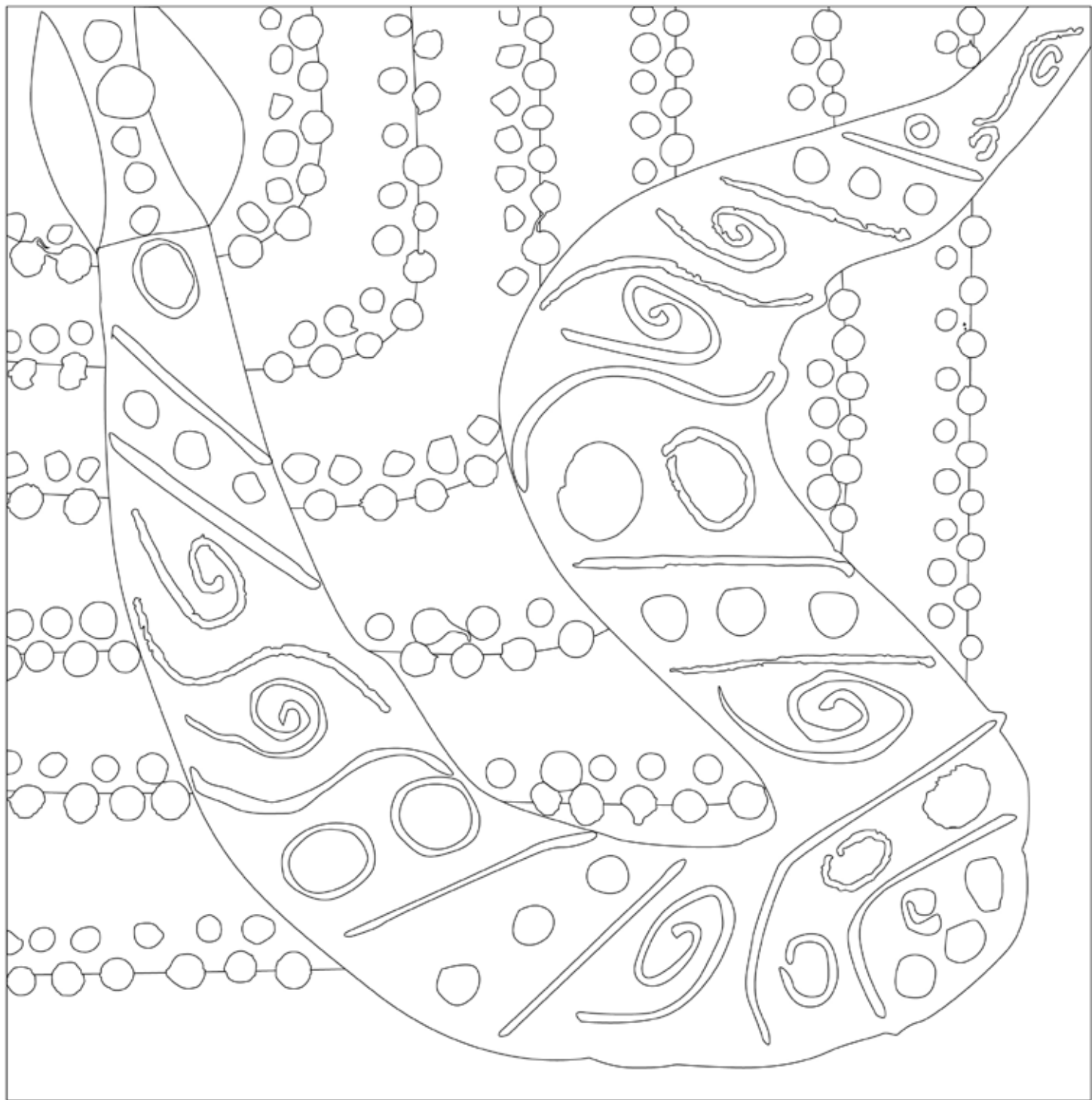


Gathering of Waterholes
Erica Anthony





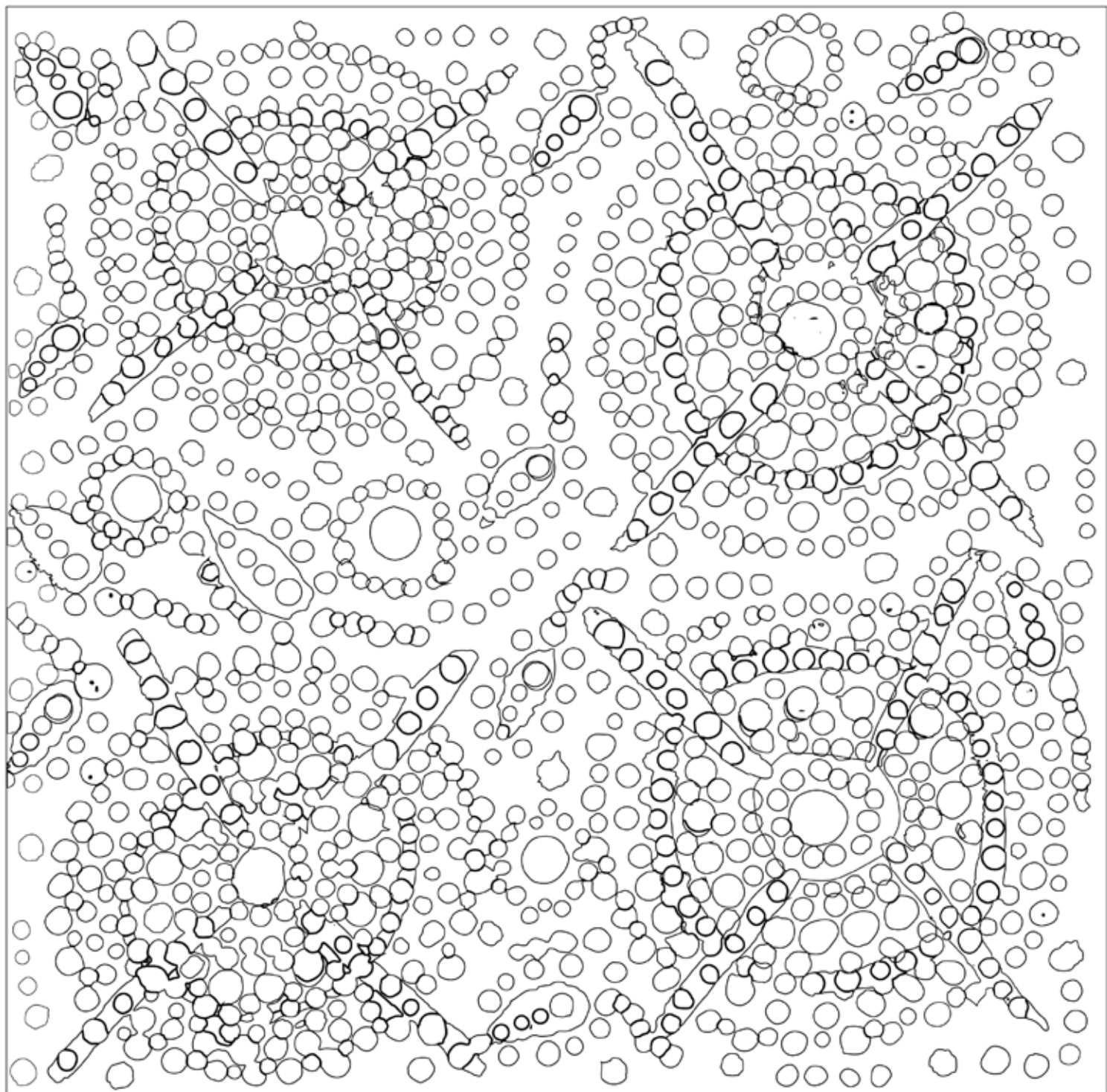
Colours of the Desert
Erica Anthony





Rainbow Snake

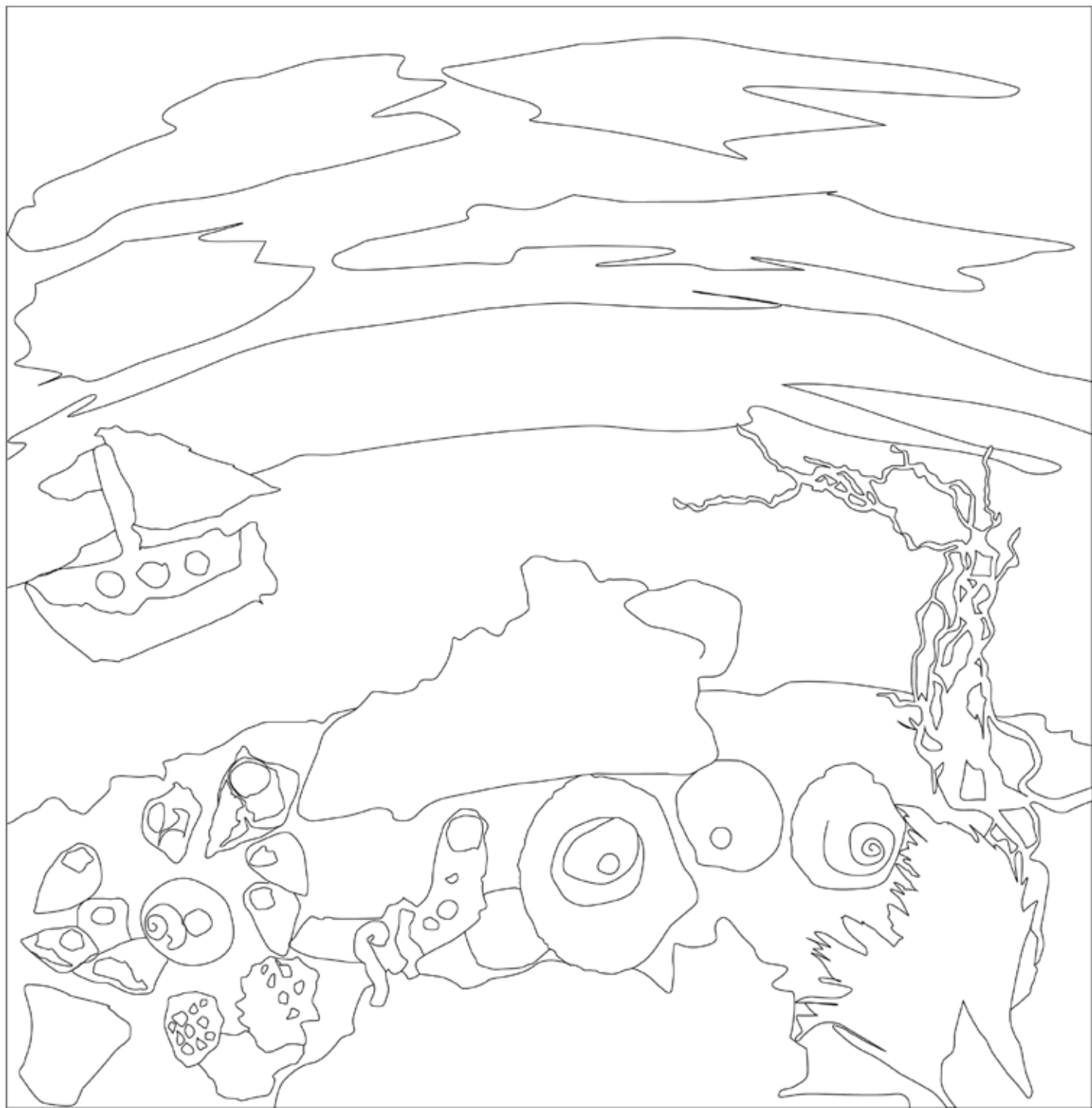
Tanya Garlett

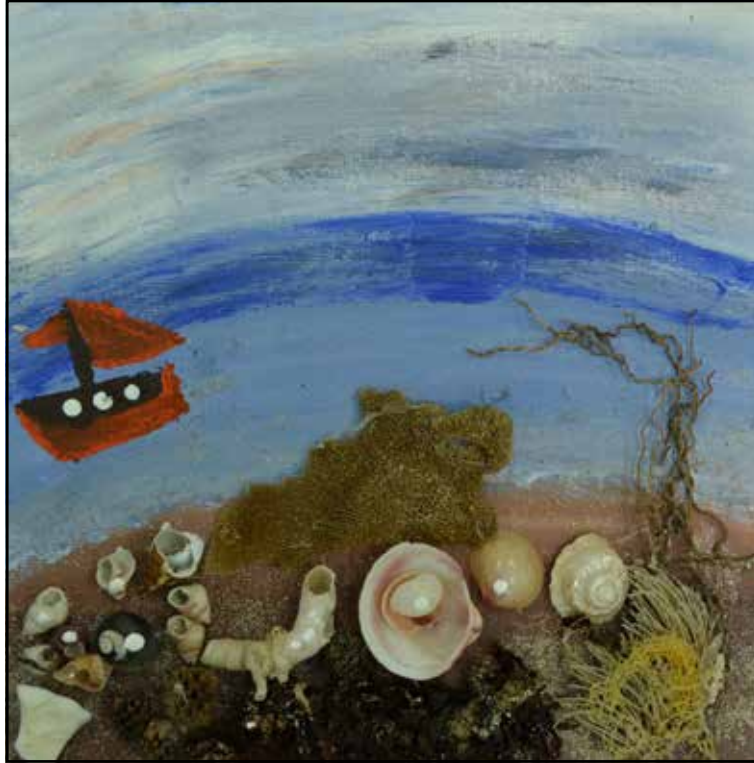




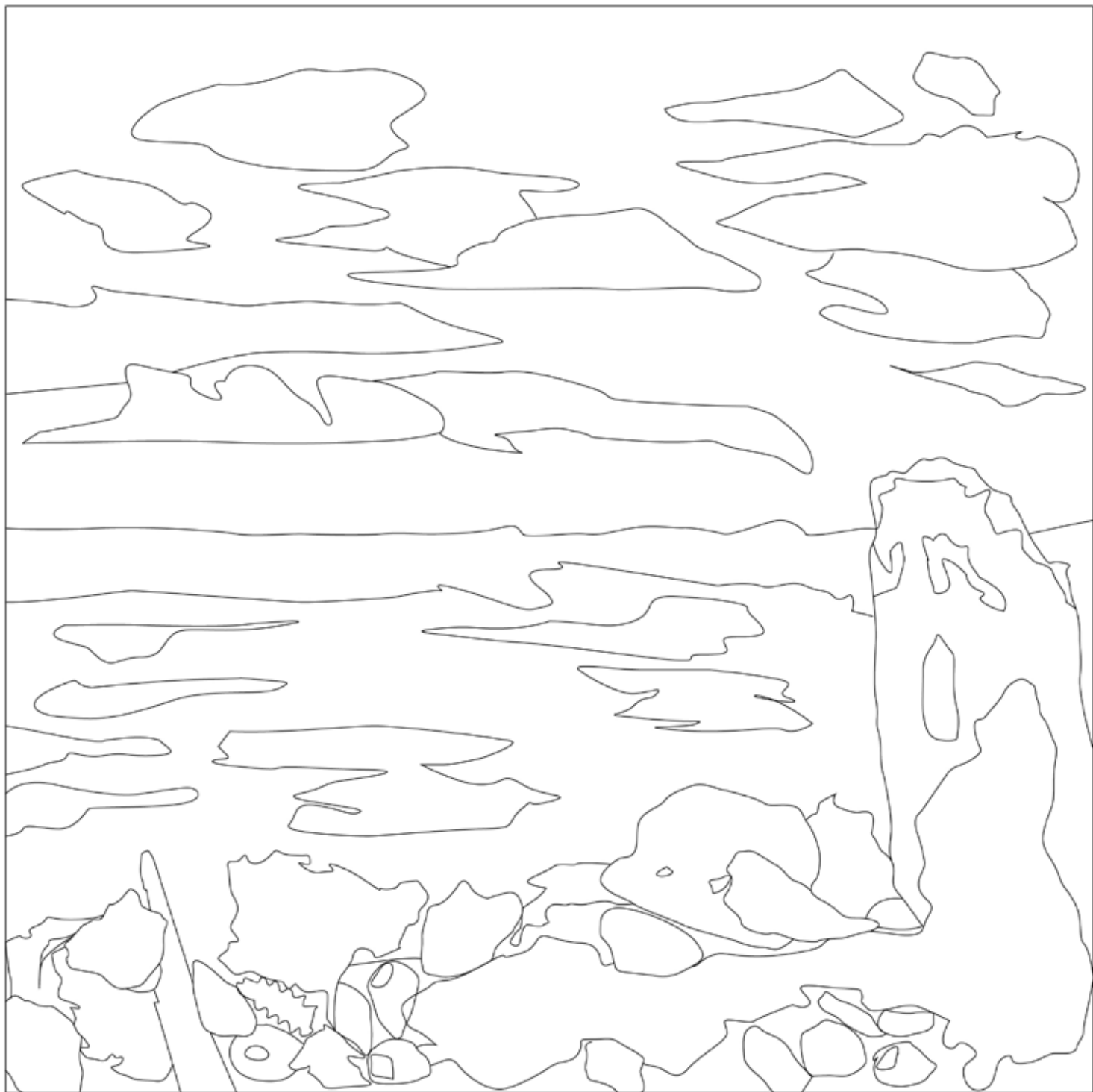
Family Gathering

Tanya Garlett



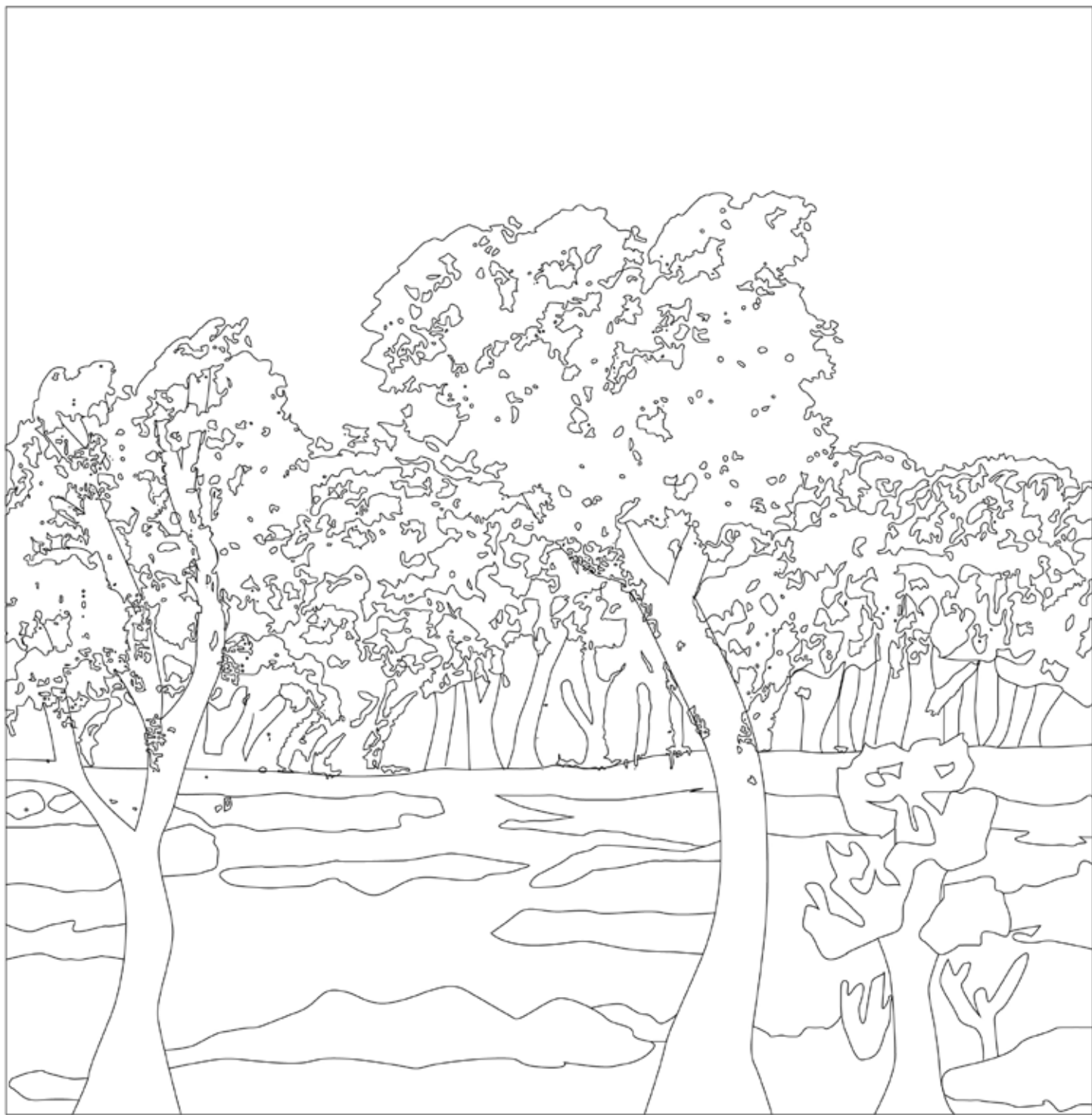


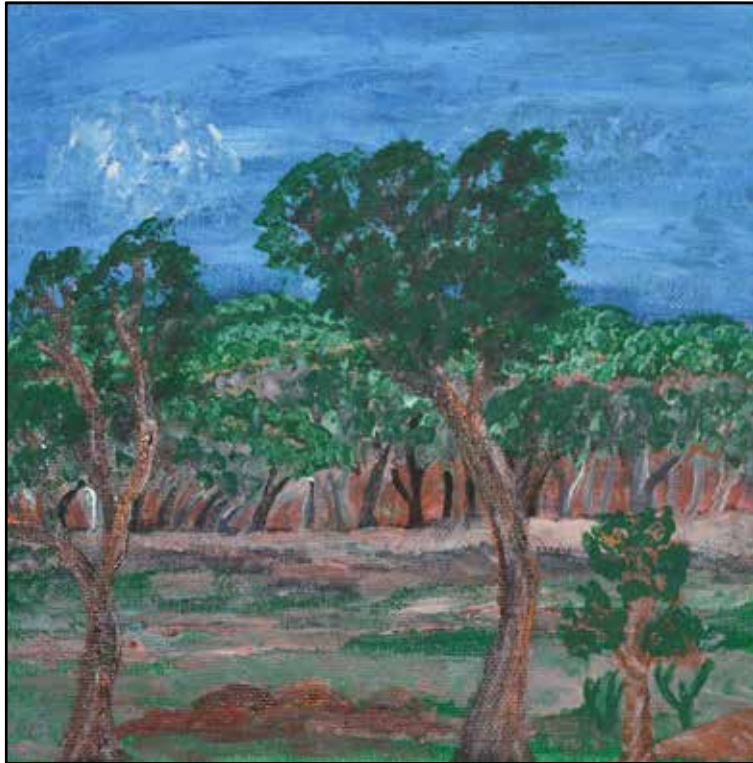
Tanya Garlett





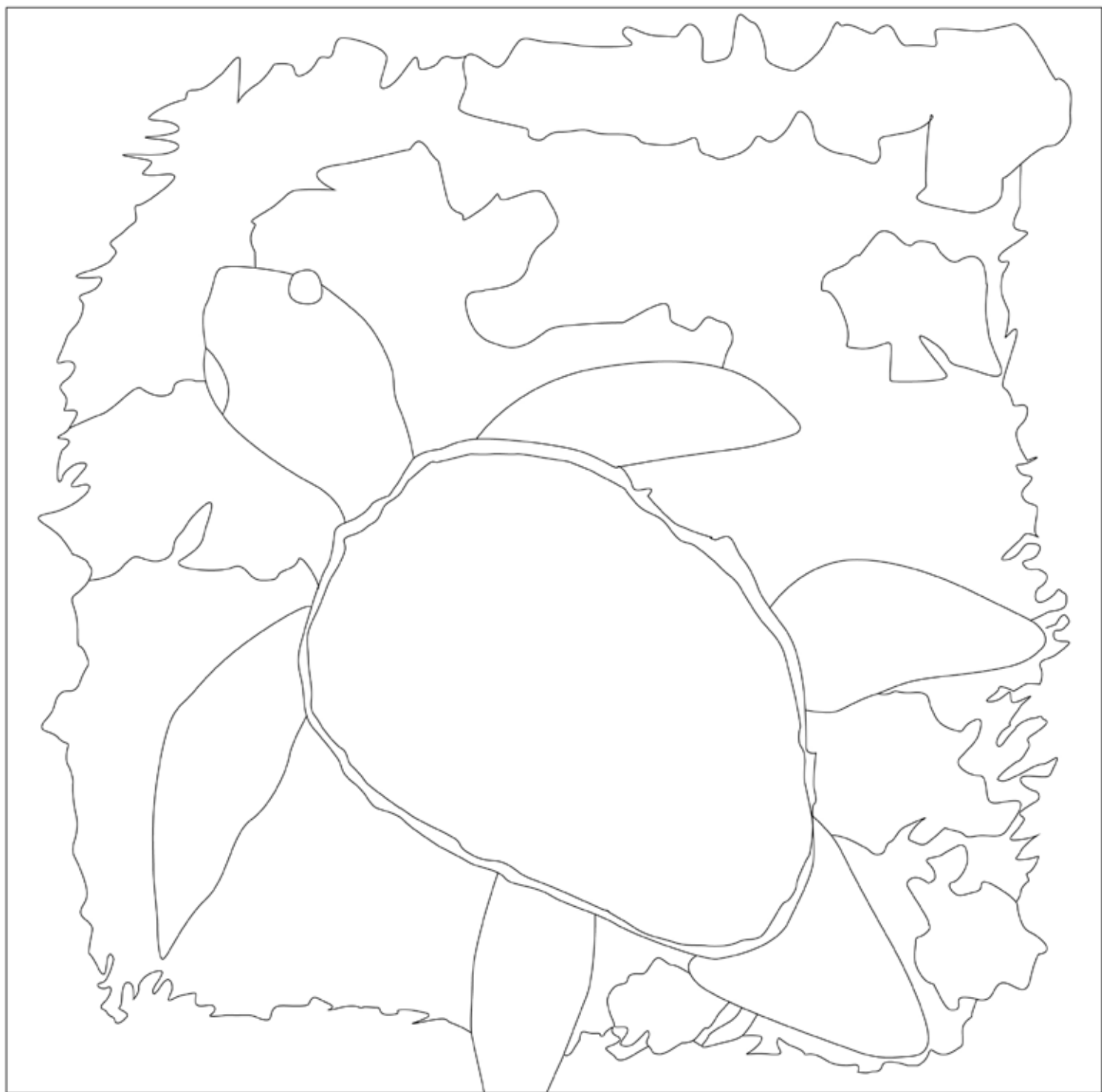
Beach
Yvonne Garlett





Bush Scenery

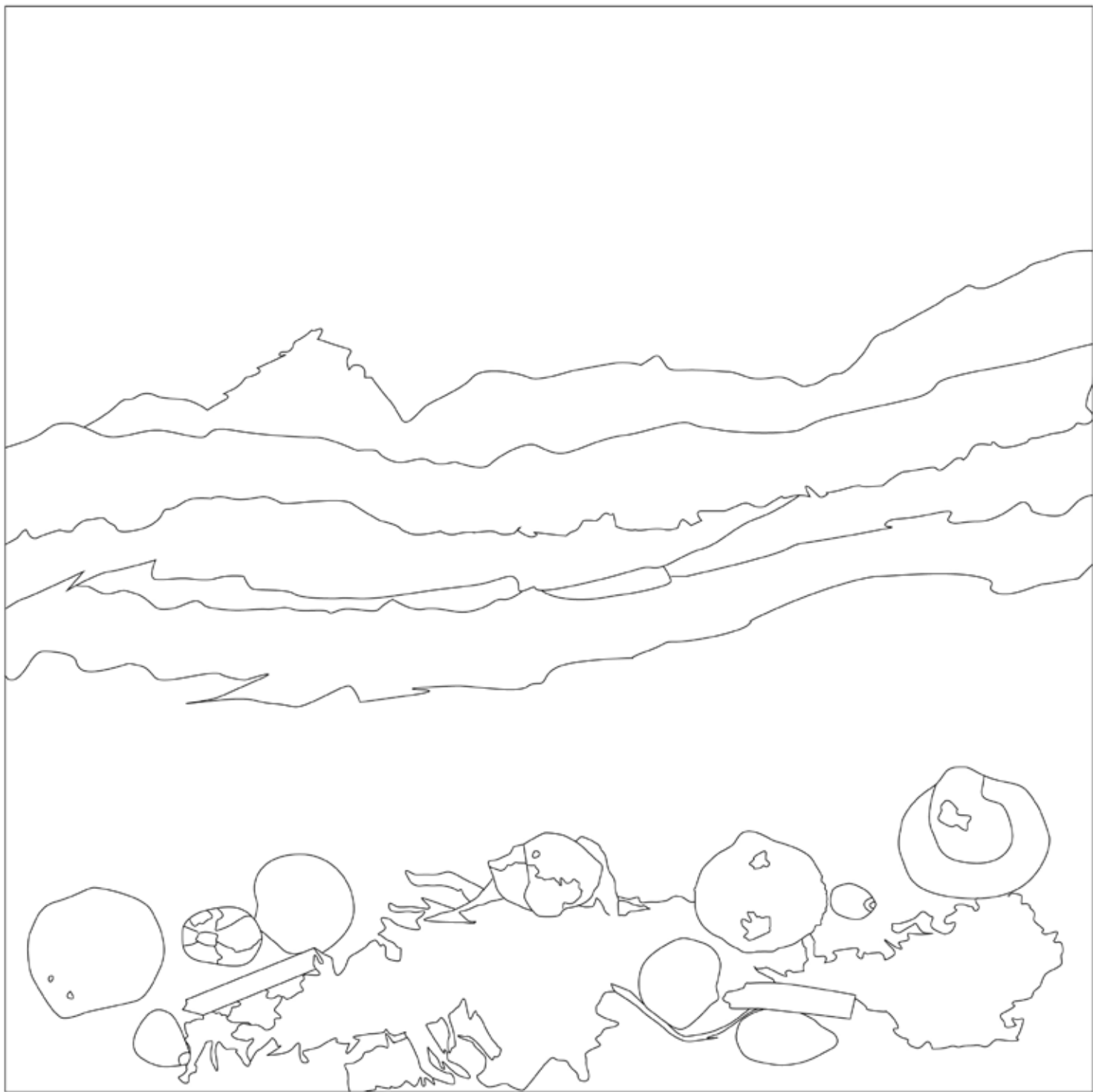
Yvonne Garlett

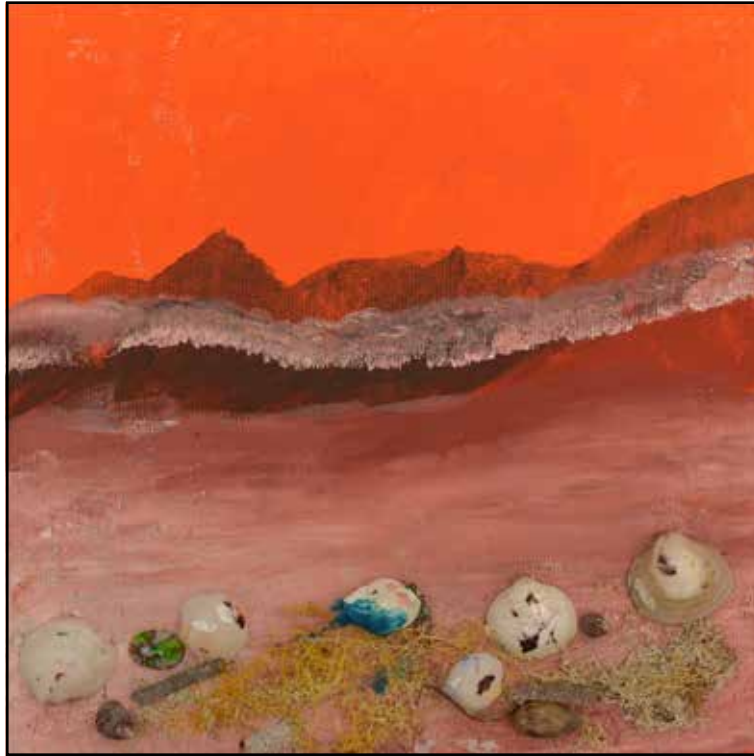




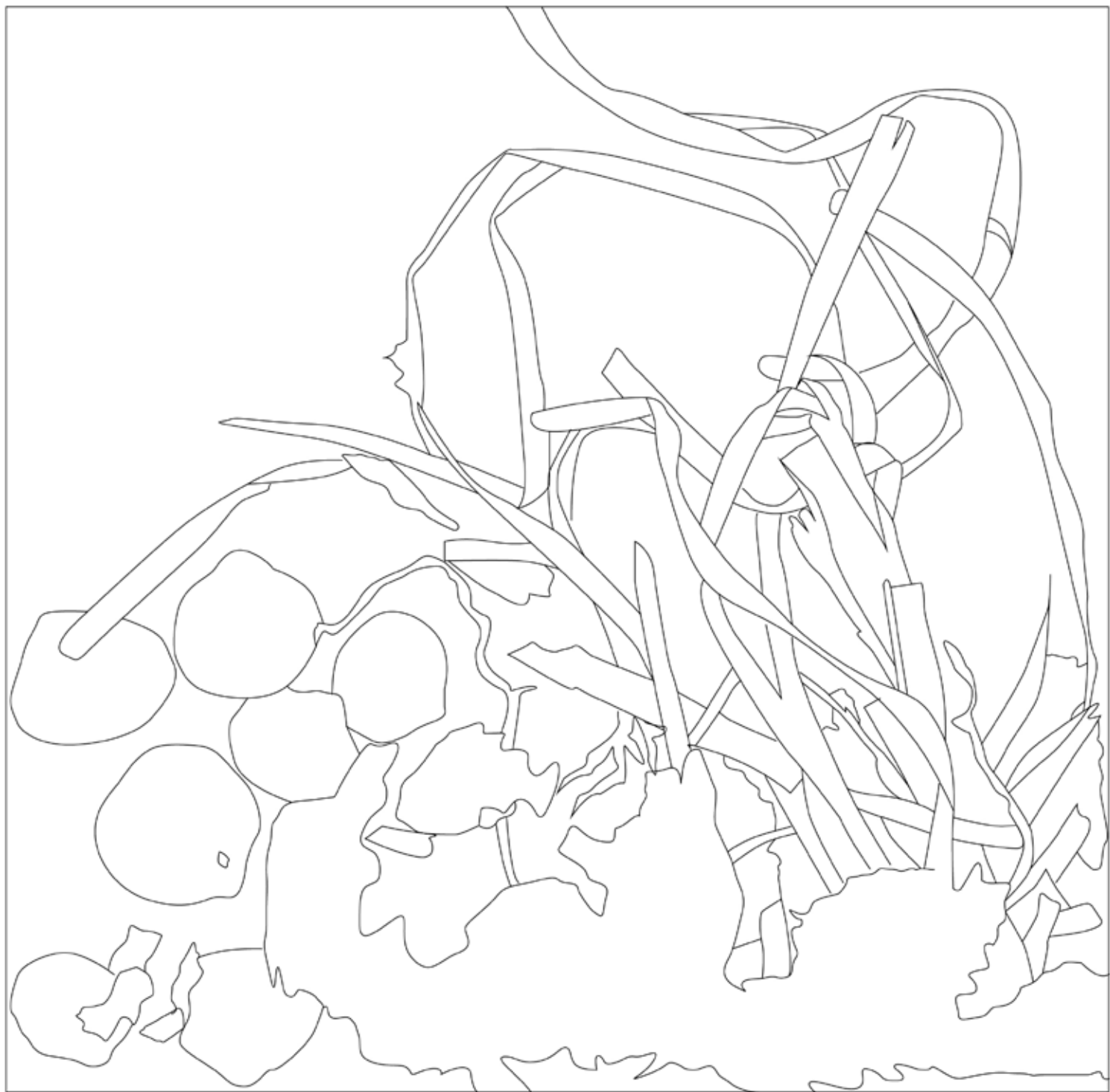
Turtle Swimming

Marjorie Ugle





Beach
Marjorie Ugle



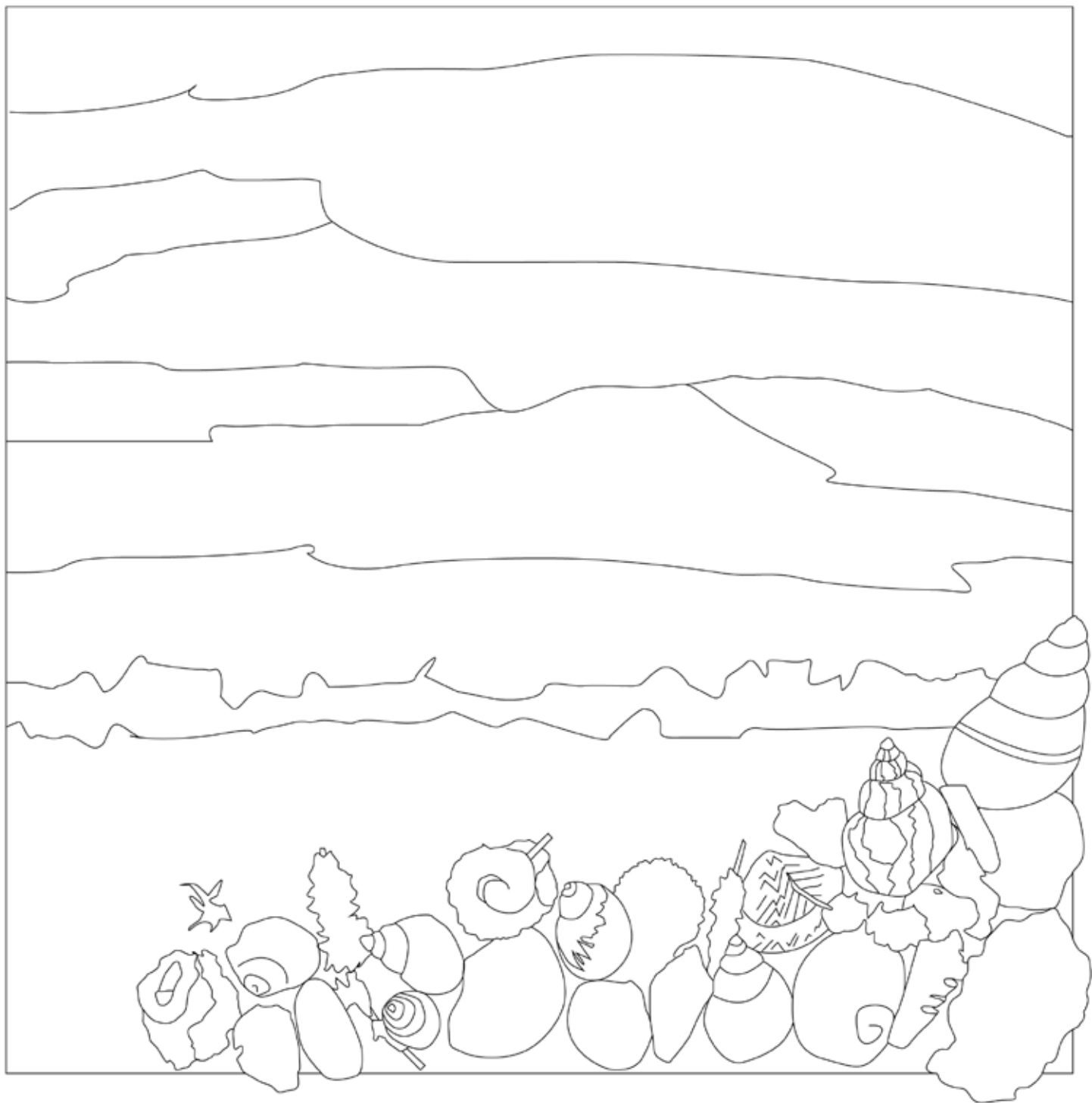


Long Grass
Leoda Bell





Under the Sea
Nicole Narkle



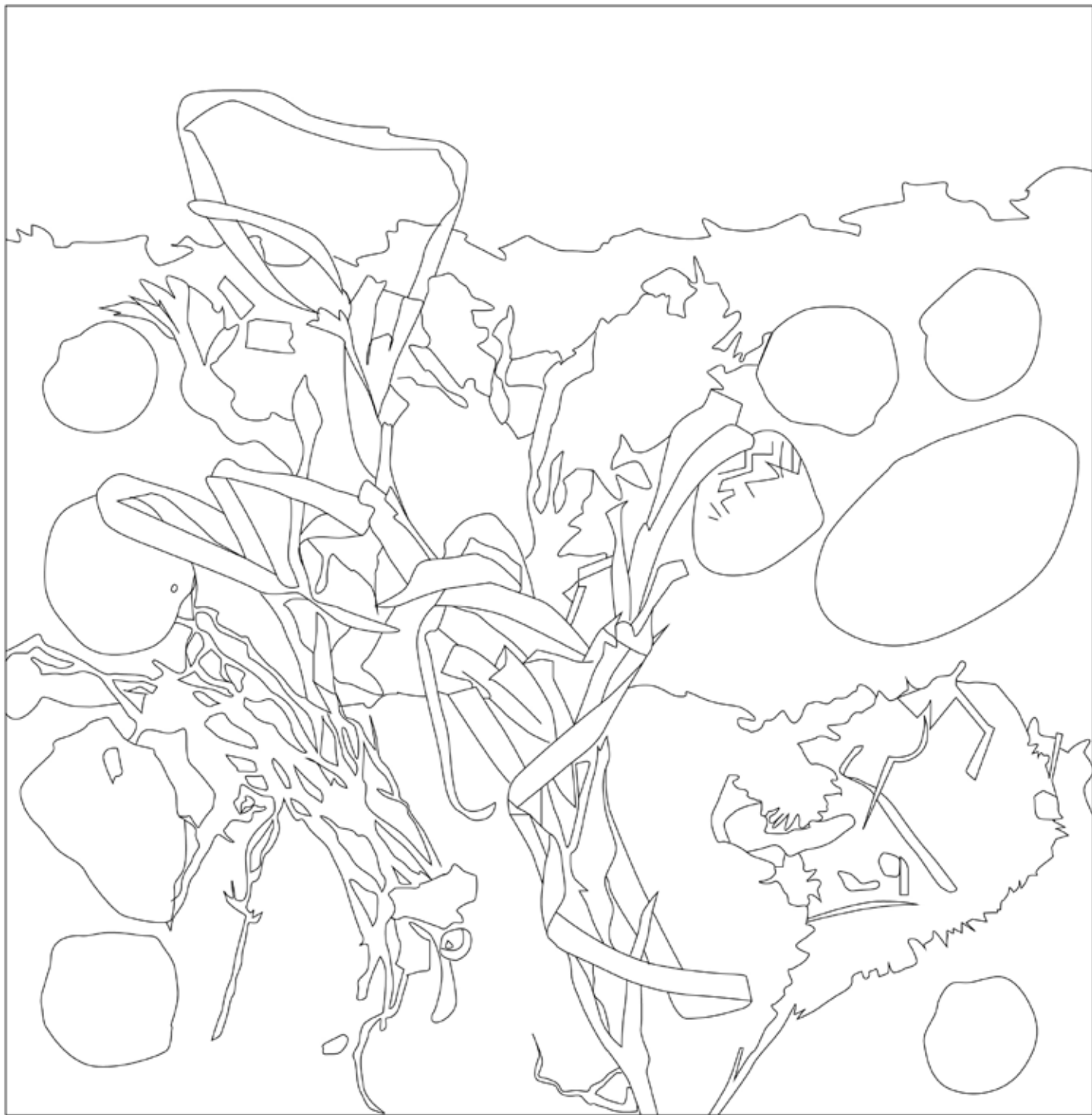


Sunset and the Ocean
Courtney Collard



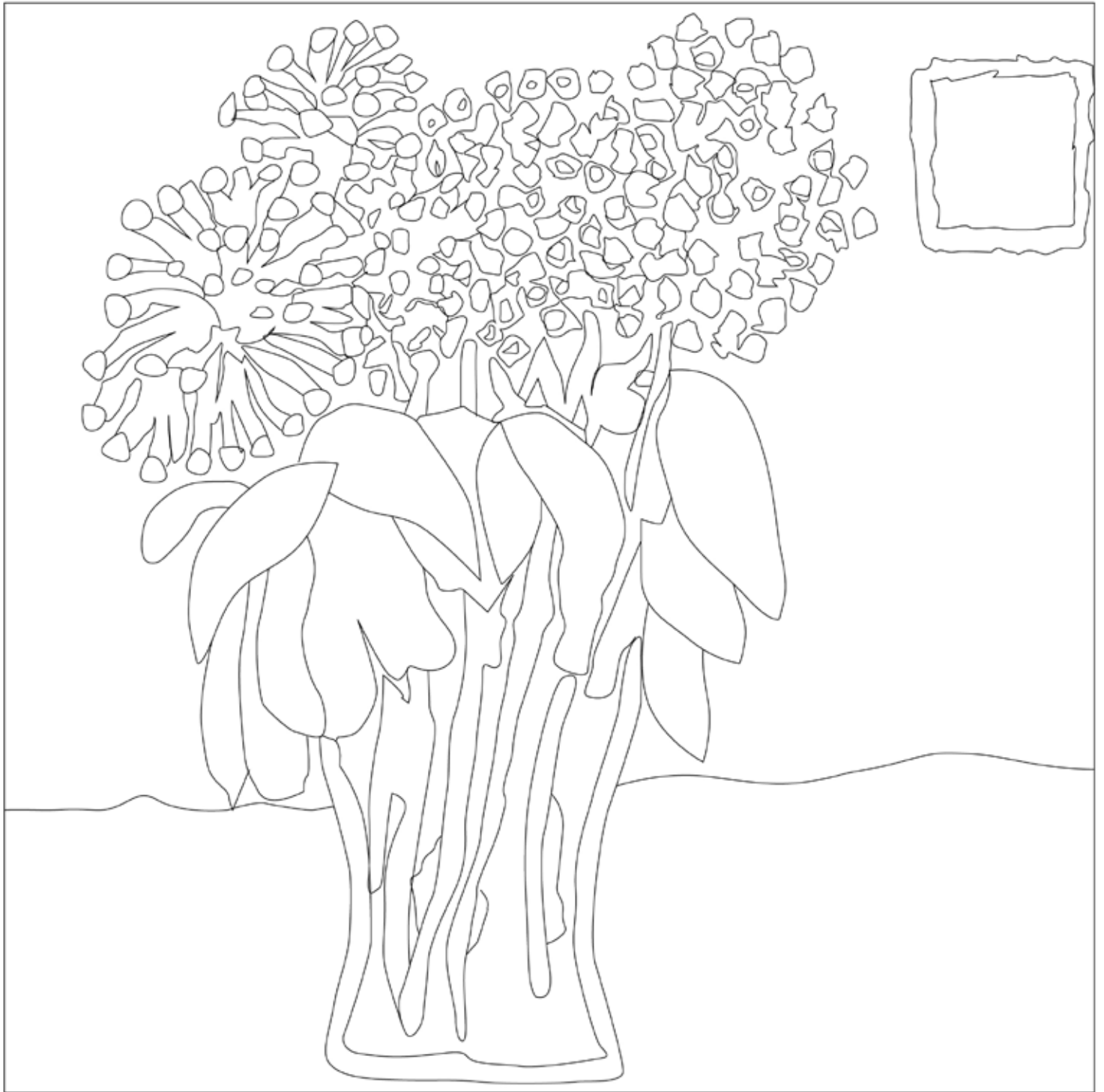


Ocean
Joyce Dimer





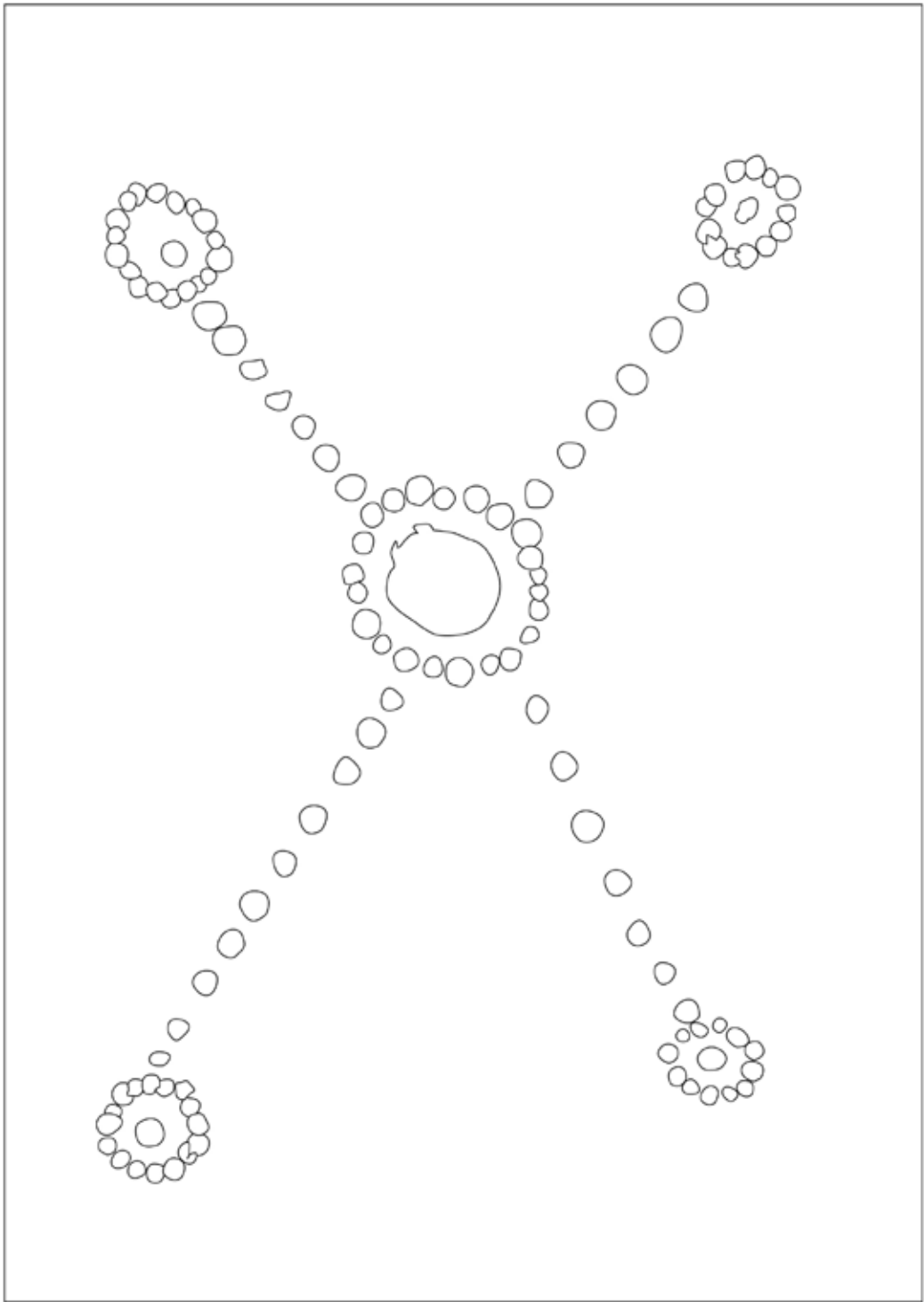
Beaches
Annette Garlett

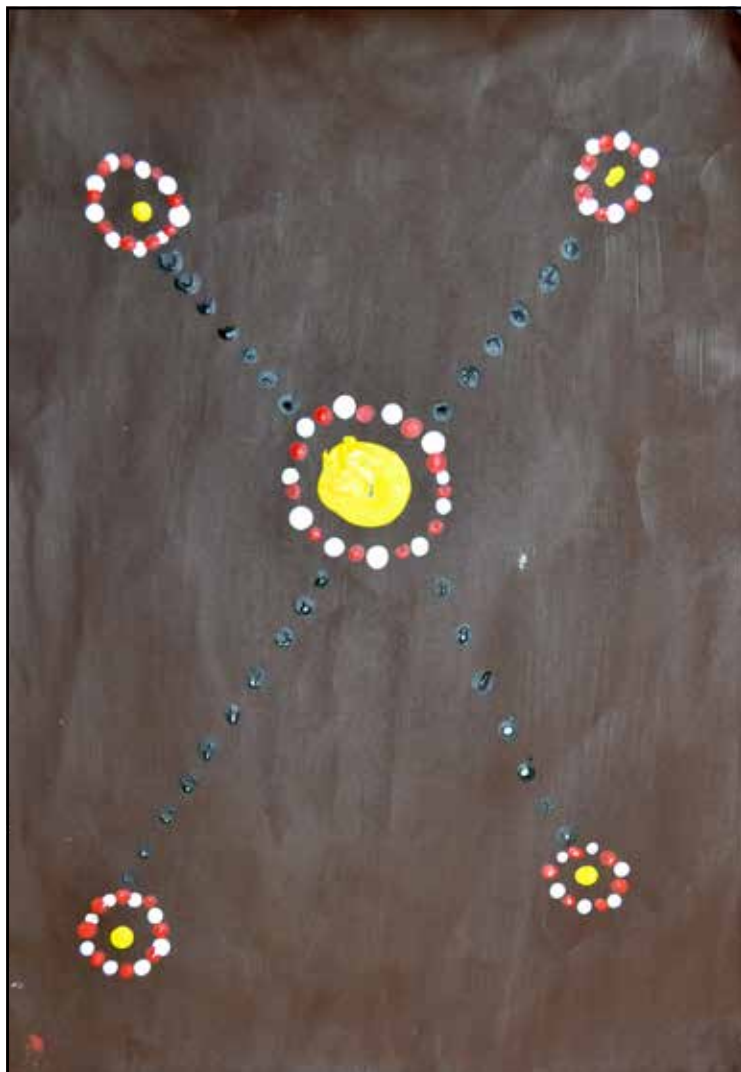




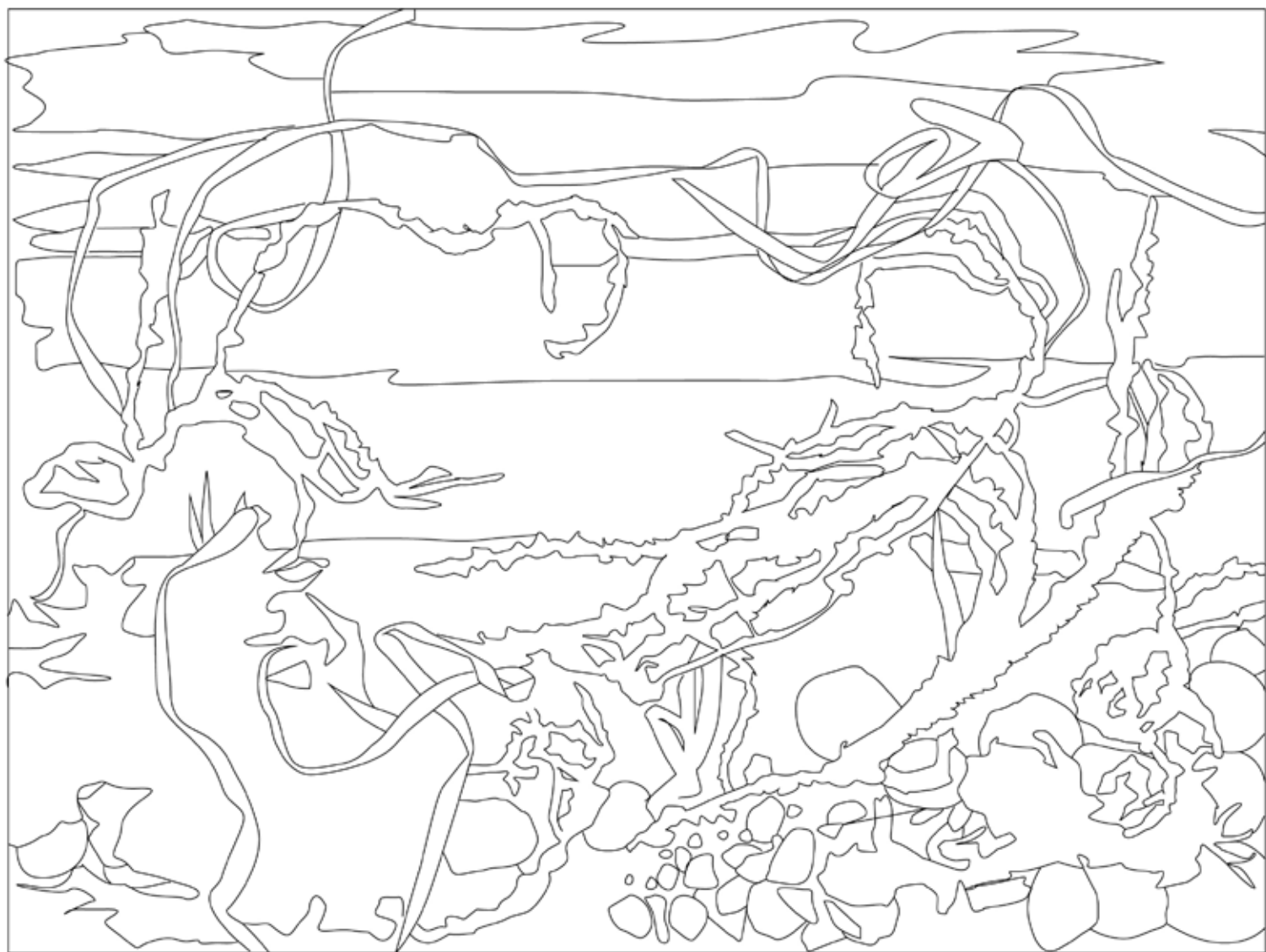
Wild Flowers

Leoda Bell





Healing - Gathering
Melinda Thorn





Living in the Ocean

Joyce Dimer

My drawings

My drawings

My drawings





Support Services

SWAMS

Clinic:

51-55 Forrest Ave Bunbury WA 6230

Tel: (08) 9726 6000

Toll Free: 1800 779 000

Admin:

U3/30 Wellington Street Bunbury WA 6230

Tel: (08) 9791 1166

Lifeline

For Crisis Support: 13 11 14

Chat Online: www.lifelinewa.org.au

Beyondblue

Tel: 1300 224 636

Email and Chat Online:

www.beyondblue.org.au/getsupport

4families Family

Mental Health Support Service

Bunbury Relationships Australia

20 Molloy Street Bunbury WA 6230

Tel: 6164 0600

Email: 4families@relationshipsaustralia.org.au

Web: www.relationshipsaustralia.org.au

For a centre near to you call 1300 364 277

South West Community Alcohol and other Drugs Service

Tel: (08) 9721 9256

109 Beach Rd Bunbury WA 6230

Email: admin.swcdst@sjog.org.au

Crisis Care Helpline

Tel: 08 9223 1111 (24Hr)

Web: www.dcp.wa.gov.au/crisisandemergency/pages/crisiscare.aspx

Headspace Bunbury

Tel: (08) 9729 6800

Web: www.headspace.org.au/Bunbury

Call: 1800 650 890

for a centre close to you.

Kids Helpline

Tel: 1800 55 1800 (24Hr)

Parenting WA Helpline

Tel: 08 6279 1200

RuralLink Helpline

Tel: 1800 552 002

Bunbury Pathways

For Recovery, Mental Health, Ageing and Youth Services

Tel: 08 9791 1257

1/14 Rose Street Bunbury WA 6230

Web: info@pathwaysaustralia.org.au

On the line

Suicide Call Back Service & Free Counselling

Tel: : 1300 659 467

Chat Online & Video Chat:

www.suicidecallbackservice.org.au

Relationships Australia WA

20 Molloy St Bunbury WA 6230

Phone: (08) 6164 0550

