

Meet our event partners



Shana is hosting the **Group Art Project Drop-in Space**. Sit down with Shana during the day to contribute to the group artwork and be led to engage in the healing power of storytelling through creativity. This gentle activity is for everyone to explore their own journey, share with others and come together through art and self reflection.



Jo is hosting the **Wagana Dance workshop**. She is a Wiradjuri woman born to Dharug Country with Scottish and Irish heritage. Her dance practice holds, supports and lifts others. She walks and dances softly on Country connecting to her matriarchal line with humility, grace and strength.



Anastasia is hosting the **Cooking with Native Ingredients workshop**. She is a proud Aboriginal woman connected to Ngadjuri Country with a Bachelor of Advanced Science in Nutrition and Food Science and has commenced a Master of Research. Passionate about using native ingredients in everyday cooking, she has experience working in native plant nurseries, food technologist roles and teaching bush tucker basics to school students.



Lana is hosting the **Yarning Up: Stories of Strength, Spirit & Healing**, a one-hour yarn celebrating the cultural wellbeing of Aboriginal women through shared stories, connection to Country, and the wisdom of community. Come together to reflect, heal, and honour the strength of our ancestors and the power of our voices.



Mel is hosting the **Wayapa Wuurrk Workshop**, an entertaining and fun way for women and children to be introduced to the 'Wayapa Way'. Activities will involve symbol work, music and movement, storytelling and a gratitude circle. Mel Daley is a licensed Wayapa practitioner.



Amie is hosting the **Weaving With Interweave** session. "First Nations women have been weaving together for tens of thousands of years, yarning, laughing and supporting each other while they share in the rhythmic, calming process of making. When i weave i connect with my ancestors, my culture, my sisters and my community."



Photography on the day
by Cath Rendell.



Performance by Women's
Reflections Choir.

Gathering for First Nations Women

Women's Health Week 2026

Event Program

Saturday 5th
September



Thank you for collaborating with us to bring this special event to our community:



Gathering for First Nations Women, Women's Health Week 2026

10:00am	Welcome to Country with Aunty Carol Cooper & Aunty Jacinta Tobin Performance by Wagana Dancers			
10:30am-11:30am	Yarning Up: Stories of Strength, Spirit, and Healing	Drop in group art project		Other activities:
11:30am-12:00pm	Wagana Dance workshop			Children’s play space
12:00pm-12:15pm	Performance by Women’s Reflections Choir			
12:15pm-1:00pm	LUNCH – Provided by KALLICO CATERING			
1:00pm-1:30pm	Wayapa Wuurrk workshop	Drop in group art project	Weaving with Interweave	Meet the BMWHRC Clinical team
1:30pm-2:30pm	Cooking with Native Ingredients			Visit from GWAHS
2:30pm-3:00pm	Finish the day with a cuppa and a reflective yarn			



With thanks to our event sponsor

