



KALNGKURR PATHWAYS

A safe place for yarning, wellness and support

CULTURAL SAFETY + CONSENT

- Speak directly with Aboriginal psychologists
- Access counselling and yarning in a safe, respectful space
- Get support that understands culture, community, and lived experience

EASY + FLEXIBLE ACCESS

- Walk in support within the health precinct
- No wrong door – staff can help you find the right support
- Flexible options for yarning, depending on what works for you

CONNECTION + RELATIONSHIPS

- A place to build trust, connections, and ongoing relationships
- Support not just for individuals, but for families as well
- Time and space to yarn in your own way

INFORMATION + NAVIGATION

- Learn what services are available on island
- Find out how to access help during the day, after hours, and in emergencies
- Get information about visiting services and community events

Kalngkurr (kal-an-gur) - A shining light for direction, journey, and wellbeing

Kalngkurr is a welcoming, culturally safe space for community to connect, yarn, and get support for social and emotional wellbeing, mental health, and alcohol and other drug concerns.

YOU DO NOT NEED TO BE IN CRISIS

TO COME TO KALNGKURR.



Kalngkurr (pronounced 'kal-an-gur') is Lardil for the Southern Cross constellation. Kalngkurr, the shining light of the southern skies, has been used for navigation for countless generations and provides an important symbol for wellbeing concepts of 'direction', 'journey', and 'path'.

WHO IS KALNGKURR FOR?

- Community members of all ages
- Individuals, families and carers
- Anyone wanting to yarn, connect or get support

OUR COMMITMENT

We are committed to:

- Cultural safety and respect
- Listening to community voices
- Supporting healing, wellbeing and connection
- Walking alongside community, not telling people what to do

Kalngkurr is a place where community can walk in, feel heard, and get support in ways that feel right for them, their family, and their culture.



Open Monday - Friday 9:00am - 12:00pm

📍 GIDGEE HEALING & NGARNAL COMMUNITY HEALTH BUILDING, HEALTH SERVICE PRECINCT

✉ CONTACT CASSIE DANIEL: CDANIEL@NACCHS.COM.AU