



## WHAT IS GAMARADA?

Gamarada means 'comrades' or 'friends' in the Gadigal language. It is a Self Healing & Life Skills Development Program that uses Aboriginal, Eastern, & Western knowledge and methods to empower participants to achieve positive goals and breakthrough old patterns and behaviours. 'Gamarada aims to create a greater awareness and respect for Aboriginal spirituality and traditional ways of healing the self & sharing knowledge with others'. The program was developed in Redfern by five men, all but one is Aboriginal and all work in key community development roles. The spirit of Gamarada was born from our men expressing their need to reconnect to spirit and self healing. Service to family and community are important features of the Gamarada program.

Gamarada exists by the voluntary contribution and dedication of its members and with the guidance of the program developers who provide professional facilitation and administrative support. Gamarada is about brothers joining together to create a positive space where growth and healing is encouraged. Shifting the focus to higher values such as community service, love, compassion, non violence supported by increasing awareness, mindfulness, promoting inner strength, discipline, willpower and self control. The program is for men who have an open mind and a willingness to grow and change positively.

## SUPPORTERS OF GAMARADA

**Anthony (Choc) Mundine**, Tom Calma Social Justice Commissioner, **Albert Torrens** ACSO, Probation and Parole, **Chris Geraghty** District Court Judge, **Eileen Baldry** Acting Asst Dean Uni NSW, **Judy Atkinson** (Professor, Southern Cross University, **Marcelle Hoff** Deputy Lord Mayor Sydney, **Marie Bashir** NSW Governor, **Patrick Dodson**, former Chairman of the Council for Aboriginal Reconciliation, former Commissioner into Aboriginal Deaths in Custody & winner of the 2008 Sydney Peace Prize. **Mickey Mundine**, CEO Aboriginal Housing co-op, **Ray Minniecon** Aboriginal Yabun Person of the Year 2008 & Gamarada Patron, **Shane Phillips**, CEO Tribal Warrior & members of Kevin Rudd's 2020 forum.

## WANT TO KNOW MORE?

Attend an Info session at the Redfern Community Centre, Cnr Louis and Hugo Sts, Redfern 6:00pm to 7:30pm **Wednesday 5/8/09**. Attend Gamarada Monday nights **10/8/09 TO 12/10/09** Dinner included!! Men are welcome to **join any time** & meet graduates and learn about how **GAMARADA can benefit you**. For more information go to [www.gamarada.org.au](http://www.gamarada.org.au) or contact Ken on [kzulumovski@piac.asn.au](mailto:kzulumovski@piac.asn.au) or David [dbeaumont@cityofsydney.nsw.gov.au](mailto:dbeaumont@cityofsydney.nsw.gov.au) for more info.

## WHAT THE MEN SAID

*'I thought this sort of stuff was not for me and was sceptical at first. However I enjoyed the program, learnt lots and realise how what we are trying to create together has the ability to assist people with a lot of their own self healing and to take control back of their lives and emotions'* - Shane Phillips, CEO Tribal Warrior Association and member of Kevin Rudd's 2020 Summit.

*'Gamarada provide men with another option to developing their emotional capacities, spiritual strengths & life skills which I believe increases our likelihood of achieving inner peace & well being. Gamarada is a grassroots program driven by good will. The principles are age old. It's about respect for self, respect for culture & responsibility for our actions. Being a part of Gamarada is a real privilege'* - Ken Zulumovski, Indigenous Men's Access to Justice Worker, Public Interest Advocacy Centre (PIAC)

*'For many years now, from a background of violence and anger, I have learnt to open my mind and to take in things which can help me with my own healing. Gamarada has inspired me and given me many new skills which I am now using to support others in their own healing'* - David Leha (Last time in prison spent 6 months in solitary confinement for violent behaviour. He now performs as 'Radical Son' & conducts Gamarada Anger Management & Healing sessions.

