

# CHELA Wellness

HOLISTIC WELLBEING FOR WOMEN & YOUNG GIRLS

**FEE-FOR-SERVICE PROGRAMS |  
COMMUNITY PROGRAMS | WORKSHOPS**



# WELCOME / MISSION



Our mission is to create welcoming wellness spaces where women and young girls can feel supported, heal together, express themselves creatively, and grow as leaders. Everything we do is culturally grounded and led by community.

**CHELA is a place to rest, find joy, and connect.**

**we value:**

*Community*

*Empowerment*

*Care*

*Encouragement*

*Joy*

# OUR HOLISTIC APPROACH

At CHELA, we combine practices that support women and young girls to feel grounded, confident, and connected.

Our programs include:

- **Guided yarning circles** – fostering connection and belonging
- **Peer mentoring & support networks** – building lasting community
- **Somatic movement & creative expression** – reconnecting with the body and creativity
- **Strengths-based & trauma-informed practices** – supporting growth safely
- **Leadership & empowerment coaching** – nurturing confidence and agency
- **Mindfulness & meditation** – tools for grounding and presence
- **Sound healing & restorative practices** – balancing mind, body, and energy
- **Rituals for self-care, reflection & celebration** – intentional practices for wellbeing
- **Breathwork & body awareness** – simple ways to regulate, reset, and thrive



# PROGRAMS – WORKSHOPS – CIRCLES

- **CHELA RISE** - This program is designed for Aboriginal and Torres Strait Islander women 18+ who want to connect with themselves, their community, and their strengths.

*Delivered as an 6–10 week journey, with flexible options to meet community needs.*

- **YOUNG CHELA** - Young CHELA is the youth branch of CHELA Wellness, supporting First Nations girls 12–18 to strengthen their wellbeing, identity, and leadership through creative expression, and strengths-based mentoring, young women are supported to build self-worth, explore identity, and develop the confidence to lead in their own way.

*Delivered in 6–10 week formats for schools and community organisations.*

- **WARL WARL** - WARL WARL is a Burarra word meaning “slow down,” “calm down,” or “go gently.” This 1-hour restorative workshop is designed for corporate and organisational teams who need space to pause, regulate, and reset.

*Available as a 1-hour session, with extended options upon request.*

## FEE-FOR-SERVICE PROGRAMS

# CHELA RISE - Women's Wellbeing Journey

A space to gather, yarn, create, and heal.



**Who it's for:** This program is designed for Aboriginal and Torres Strait Islander women 18+ who want to connect with themselves, their community, and their strengths.

### **What happens:**

- A structured 6–8 week program (or tailored duration) yarning combining circles, coaching, and creative practices.
- Explore identity and personal strengths
- Rediscover your voice and your values
- Build resilience and self-care tools
- Connect deeply with other women
- Dream up your future through creative practices

### **Program Approach:**

- Strengths-based: celebrating your story, resilience, and the wisdom within community
- Culturally safe & trauma-informed: facilitated by First Nations women
- Flexible & creative: organisations can tailor workshops from a menu of wellbeing practices

## FEE-FOR-SERVICE PROGRAMS

# CHELA RISE - Women's Wellbeing

## Journey

A space to gather, yarn, create, and heal.

### Program menu

Session	Theme / Focus	What Happens
1	Introduction & Setting the Scene	Icebreakers, agreements, playlist, grounding meditation, getting to know each other
2	Identity Maps – Getting to Know Myself	Visual mapping of self, values, interests, and belonging
3	Posca Art – My Strengths & Support Network	Celebrate personal strengths and explore support people in your life
4	Journaling & Self-Reflection	Practice self-reflection with journaling prompts
5	Creative Writing & Poetry	Explore stories, words, and music creatively
6	Building My Wellbeing Toolbox	Self and co-regulation tools for when you feel “off”
7	Talk Yourself Up	Affirmations & positive self-talk
8	Posca Art – Dreaming Up My Future	Visualise a better life and your goals through art
9	Small Changes	Review your “wheel of life” and plan small, meaningful changes
10	Meditation & Watercolors	Guided “My Happy Place” visualization + painting

## FEE-FOR-SERVICE PROGRAMS

# YOUNG CHELA - Empowering the Next Generation to Rise

Where culture, confidence, and connection begin.



**Who it's for:** This program is designed for First Nations girls aged 12–18 who want to strengthen their confidence, explore their identity, and build meaningful connections with culture and community.

### **What happens:**

A structured 6–8 week program (or tailored delivery for schools and organisations) combining yarning circles, creative expression, and strengths-based mentoring.

- Explore identity, culture, and personal strengths
- Build confidence and self-worth
- Develop emotional regulation and coping tools
- Strengthen peer connection and sisterhood
- Express creativity through art, journaling, writing, and movement
- Learn practical self-care and wellbeing practices

### **Program Approach:**

Strengths-based: celebrating each young woman's story, resilience, and potential

Culturally safe & trauma-informed: grounded in community and facilitated with care

Creative & engaging: interactive, hands-on activities that support learning and growth

Community-connected: building belonging, leadership, and positive peer relationships

# YOUNG CHELA - Empowering the next generation to rise

Where culture, confidence & connection begin.

## Program menu

Sessions	Theme / Focus	What
1	<b>Introduction &amp; Setting the Scene</b>	Icebreakers, agreements, playlist, grounding meditation, getting to know each other
2	<b>Identity Maps- getting to know myself</b>	Visual mapping of self and values, interest, belonging
3	<b>Posca Art – My Strengths &amp; support network</b>	Celebrate personal strengths and explore support people in your life
4	<b>Journaling &amp; Self-Reflection</b>	practice self reflection through journalling prompts - extended veriosn of getting to know
5	<b>Creative Writing &amp; Poetry</b>	Get creative with exploring stories, words and music
6	<b>building my wellbeing tool box when I feel no good</b>	self and co-regulation tools to take care of yourself
7	<b>Talk Yourself Up</b>	Affirmations & positive self-dialogue
8	<b>Posca Art – Dreaming Up My Future</b>	Visualise a better life for myself
9	<b>“I deserve to feel good”Pamper day</b>	a session on self love and care where we get to yarn and pamper ourselves.
10	<b>Meditation &amp; Watercolors</b>	Guided “My Happy Place” visualisation & painting

# FEE-FOR-SERVICE PROGRAMS

## WARL WARL - A gentle reset for your team



### **Who it's for:**

This workshop is for teams and organisations who want to pause, recharge, and create space for staff to rest, reset, and reconnect with themselves in a supportive environment.

### **What happens:**

A 1-hour guided session (longer options available) designed to restore calm, reduce stress, and nurture wellbeing. Participants are invited to slow down and experience:

- Immersive soundscapes including sound bowls and local nature recordings
- Aromatherapy to support relaxation and mental clarity
- Comfortable restorative setup with mats, blankets, and eye masks
- Gentle grounding exercises and breathwork
- Reflection and simple wellbeing plans to support balance beyond the session

Participants leave feeling restored, calm, and better equipped to manage stress and maintain focus in their work and daily life.

### **Program Approach:**

- Gentle and supportive: creating a safe space for everyone to slow down
- Practical and easy to use: tools that can be applied in daily work life
- Culturally grounded: delivered with care and respect
- Evidence-informed: supports nervous system regulation and stress management

# READY TO BRING CHELA TO YOUR ORGANISATION, COMMUNITY, OR GROUP?

We'd love to chat about how we can tailor a program to your needs.

Contact us:

✉ Email: [chelawellness@gmail.com](mailto:chelawellness@gmail.com)

☎ phone number: 0487377028

🌐 Website: [www.chelawellness.com.au](http://www.chelawellness.com.au)

📱 Socials: @chelawellness

