

**SERVICES PROVIDED
BY ALUKURA;**

- **Well Women's Checks— including Pap Smear, Education & other general health tests.**
- **STI Checks—Testing for HIV/Aids & Sexually Transmitted Infections.**
- **Contraception & Fertility advice.**
- **Antenatal Care—caring for mother & baby during pregnancy.**
- **Postnatal Care—caring for mother & baby up to 6 weeks after baby is born.**
- **Breastfeeding Support.**
- **Weekly O&G Specialist Clinic.**
- **Young Women's Community Health Education Program.**
- **Antenatal Education—Information for pregnant women.**
- **Healthy Kids Clinic—Contact Alukura or General clinic on 8951 4444 to make an appointment.**
- **Australian Nurse Family Partnership Program - Home visiting program for women during pregnancy & motherhood up until baby turns two.**



**Congress Alukura
by the Grandmother's Law**

Pmere laltyeke anwerne ampe mpwaretyeke

To find out further information about Alukura services or to make an appointment call us. Call or drop in before 9am to get an on the day appointment.

Clinic Hours

Mon—Thurs 8.30am-5pm
Friday 8.30am—12.30pm

A bus service is available for women needing transport to Alukura for appointments .

Congress Alukura
PO Box 1604
Alice Springs NT, 0871
4 Percy Court
Ph: (08) 8953 2727
Fax: (08) 89534435



Central Australian Aboriginal Congress

**CONGRESS ALUKURA
AUNTIES PROGRAM**



**Come along and sit down with our
Alukura Aunties, learn
some new skills & knowledge.**

This pamphlet is for WOMEN ONLY

The Alukura Aunties Program provides a space for women of all ages to come together & share their stories and experiences on;

- Birthing
- Pregnancy
- Parenting
- Breastfeeding
- Nutrition
- Women's Health
- Relationships & heaps more

The Alukura Aunties are women who are; experienced mothers, well respected & are also strong leaders in the community.

The Alukura Aunties are there to share their knowledge & skills with those who are interested. If you would like to become an Alukura Auntie or if you are interested in coming along to take part in the Alukura Aunties Program please give us a call or come in & talk to an Alukura staff member.



If you decide to get involved you will have the opportunity to take part in the following activities;

- Cultural learning focusing on women's health & birthing practices.
- Cooking & other lifeskills activities.
- Basket making, dot painting & storytelling.
- Supporting women in the community and raising awareness on Women's Health issues.
- Sharing knowledge about birthing and breastfeeding, Post-natal care and bringing baby home.
- Taking part in women's ceremony (Cultural birthing, antenatal & parenting practices).
- Learning about women's health and birthing practices.

WOMEN WHO TAKE PART WILL COME & SIT DOWN WITH OUR ALUKURA AUNTIES &



Alukura Aunties & Alukura Grandmothers are working together to provide Cultural Activities & Healthy Lifestyle Workshops for Alukura Mothers.

SO COME ALONG GET INVOLVED IN THE SHARING OF KNOWLEDGE AND SKILLS.



**WHO
ALL INTERESTED WOMEN**

**WHEN
1ST TUESDAY OF EVERY MONTH**

**WHERE
ALUKURA**