

Aunty Bea Ballangarry

Aunty Bea Ballangarry is a Gumbaynggirr Elder from the Mid North Coast of NSW. She is a mother, mother-in-law, grandmother, sister, aunty, carer, great-grandmother and friend to many. She is a born storyteller, a published poet and is pro-active in most facets of community development.

She engages participants in the experience of Circles based in the powerful simplicity of traditional cultural practices. Often Aunty Bea will use her natural connection with the arts to couple her formal work with ceremony, circle work and rituals that bring out the heart of each person's 'story' for their healing and self-care practices.

The concept comes from a time when community engaged through sitting together, yarning up, holding sacred ceremonies and meetings and where listening to stories and respecting Elders was customary. She views this model important in the process of empowerment for all participants to undertake in their journey of recovery for further growth. This process is simple, non-threatening and is co-created by all who are present.

Aunty Bea is pro-active in the community for social justice, economic advancement and political change in a variety of ways across many presentations.

Aunty Bea is a member of the Southern Cross University Gnibi Elders Council, as well as a member of the Women of the World (WOW) in Coffs Harbour. WOW is an established community group that focuses on Honour, Respect, Connect, Courage and Empowerment. Aunty Bea sees her role in WOW as a way to promote and acknowledge Elder Ways and to uphold the significance of ceremonies.