



# PORMPUR PAANTHU NEWS WEEK

Issue 130: Monday 5 December 2022

**CREATIVE WORKSHOPS FOR 12 - 24 YEAR OLDS**

**MEET THE CREATIVE TANYA ROBINSON**

**MONDAY 5TH DEC**

**SELF PORTRAIT**  
Come paint or draw a self portrait of yourself

**BRAINS**  
Paint or draw your brain. Learn about your brain and how to unlock your brain power

**TUESDAY 6TH DEC**

**BODY WORK**  
Paint or draw your body. Learn about feelings and how your body tells you a story.

**FEELINGS & EMOTIONS**  
Learn about how to control your emotions.

**WEDNESDAY 7TH DEC**

**HAPPY CARDS**  
Come along and make your own happy cards for you to keep

**THURSDAY 8TH DEC**

**STRENGTHS**  
Make a book or journal from junk and write about your strengths - the things like give you strength in your life

**PORMURAAW COMMUNITY HALL**  
1pm - 5pm

HOSTED BY PORMPUR PAANTHU ABORIGINAL CORPORATION

@tanyacreative.sw

**Congratulations**  
**Valerie**  
**Tarpencha for her graduation in a Certificate III in Early Childhood Education Care - well done!**

**Community Night Patrol**

**Wednesday to Sunday Nights 8pm - 4am**

Night Patrol Contact: 0474 464 688

For more information call PPAC Administration on 40 604 211



# Christmas & New Year Opening Hours All Services Night Patrol and Women's Shelter will operate everyday

Friday 16 December	Closed from 11.30am to 2.00pm
Monday 19 December	Normal opening hours
Tuesday 20 December	Normal opening hours
Wednesday 21 December	Normal services until 12 Noon for Childcare OSHC and Healing Centre Youth Program closed

**Wednesday 21 December 12 noon  
Christmas Party in Hall All Welcome**

Thursday 22 December	Normal opening hours
Friday 23 December	Closed
Monday 26 December	Closed
Tuesday 27 December	Closed
Wednesday 28 December	Closed
Thursday 29 December	Closed
Friday 30 December	Closed
Monday 2 January 2023	Closed
Tuesday 3 January 2023	Re-open with normal hours



## 5 ways to drink less alcohol

1. Have dedicated alcohol-free days  
Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday
2. Only have a couple of standard drinks
3. Alternate alcoholic drinks with water
4. Swap soft drinks and mixers for soda or mineral water
5. See the PPAC Healing Counsellors for support or call us on 4060 4260

**HEALING MODE ON**



ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY