



PORMPUR PAANTHU NEWS WEEK

Issue 132: Monday 19 December 2022

Christmas 2022



Our Creative Counselling Women's Group was feeling the Christmas spirit when they worked together on this beautiful card for the community.

It was their last women's group for the year and everyone had an input. Happy and safe Christmas and New Year to all...



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 norm

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



Reduce Your Anxiety

this Christmas period
through self safe hypnosis.
Try to find:

5 Things
You See

2 Things
You Smell

4 Things
You Feel

3 Things
You Hear

1 Thing
You Taste

Take a deep breath in and relax...

TRACC | Tackling Regional Adversity
through Connected Communities

North West
Hospital and Health Service

Have you experienced heightened anxiety at some time in your life?

The Christmas and holiday period can heighten your
levels of anxiety.

You may find some relief through mindfulness
techniques, such as Self-Safe Hypnosis.

To get started, take a deep breath...

Try to find:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Take another deep breath, and release.

For mental health support and referrals, call 1300
MHCALL for 24 hour advice, support, triage, and
referral to a service.

If you or someone you know is experiencing distress,
Lifeline is there to help.

Call 13 11 14 for confidential, one on one crisis support.

Thank you to the North West Hospital and Health
Service TRACC team for this helpful exercise.



PORMPUR PAANTHU

ABORIGINAL CORPORATION



Merry Christmas & HAPPY NEW YEAR

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