






PORMPUR PAANTHU NEWS WEEK

Issue 133: Monday 9 January 2023

HAPPY NEW YEAR PORMPURAAW!

2023 PPAC KEY EVENTS

<p>JANUARY</p> <p>26 – Australia Day Survival Day Invasion Day</p>  	<p>FEBRUARY</p> <p>13 – The Apology Anniversary</p> <p>Sorry</p> 	<p>MARCH</p> <p>8 - International Women's Day 15 - Harmony Day (Child Care) 18 - Close the Gap Day (SEWB & Youth) 19 - National Day of Action Against Bullying and Violence (Youth) 21 -27 National Playgroup Week</p>
<p>APRIL</p> <p>7 Good Friday 9 Easter Sunday 11-17 Queensland Youth Week 25 ANZAC DAY</p>	<p>MAY</p> <p>1-31 Domestic and Family Violence Prevention Month 14 Mother's Day 26 - National Sorry Day (SEWB)</p>	<p>JUNE</p> <p>27 May - 3 June National Reconciliation Week (SEWB) 3 - MABO DAY 15 - World Elder Abuse</p>
<p>JULY</p> <p>2-9 July NAIDOC Week 'FOR OUR ELDERS' (Women's Group, Men's Support Service, Childcare & Youth)</p>	<p>AUGUST</p> <p>4 - National Aboriginal and Islander Children Day (Family Well-being Team & LONG DAY CARE)</p>	<p>SEPTEMBER</p> <p>3 - Father's Day (Men's Support Service) 5-11 National Child Protection Week (Family Well-Being) 18-22 Youth Summit Week</p>
<p>OCTOBER</p> <p>7-15 Mental Health Week (Healing Centre & SEWB) 15 – Global Handwashing Day</p>	<p>NOVEMBER</p> <p>25 -White Ribbon Day</p> 	<p>DECEMBER</p>  <p>School Holiday Activities CHRISTMAS Celebrations</p>

PPAC Program Coordinators & Counsellors

Women's Shelter

Deborah Hobson
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Admin Phone 4060 4082

Family Wellbeing & NDIS Services

Trischa Jackson
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Phone 4060 4260

Outside School Hours Care/ Playgroup

Sandra Wason
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Long Day Care Centre

Tammy/Brenda
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Youth Early Intervention Services

Vanessa Deakin
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Men's Support

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Night Patrol

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Counsellors

Domestics and Family Violence

Aggy
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Kathy
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Alcohol and Other Drugs

Counsellors

Broc (b.martin@ppac.org.au)



Have you experienced heightened anxiety?

Holidays 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.

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

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