

Issue 140: Monday 27 February 2023



Anger is not bad, it's how you manage it, and learning how to manage anger is the aim of regular workshops led by Pryce Gibuma and Michael Wilson at the Men's Shed (above).

Meanwhile every Tuesday is 'out on country' day for our Men's Support, and no time was ever wasted getting out to the Chapman River to enjoy some time out from the community and connect with the land earlier this year.

"We were able to catch ourselves a few decent fish," Michael said.

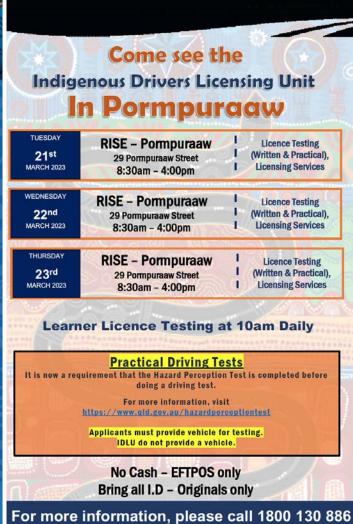
"We went back to the Men's shed to have a feed and a yarn about the year and what we want to achieve.

"Some of the men mentioned they'd like to see practice dance sessions for the Laura festival held at the Men's Shed, so we're hoping to get the ball rolling with that as soon as we can - July will come around sooner than we know!"

The Men's Shed opens from 8:30am to 5pm on Monday to Friday. Please see Bernard or Michael if you are interested in participating in our Men's Support services and activities.







PPAC Program Coordinators & Counsellors

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