



PORMPUR PAANTHU NEWS WEEK

Issue 194: Monday 1 April 2024



Youth Programs and School Holiday Activities @ the Hall for ages 12-24 from TOMORROW until 10 April

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-10am	Breakfast	Breakfast	Breakfast	Hot Breakfast	Breakfast
10-11am	<u>Board Games</u> <ul style="list-style-type: none"> Literacy Numeracy Reading 	<u>Board Games</u> <ul style="list-style-type: none"> Literacy Numeracy Reading 	<u>Board Games</u> <ul style="list-style-type: none"> Literacy Numeracy Reading 	Outdoor Activities	Driver Licence Study
11-12pm	Cooking	Cooking	Arts & Crafts Activities		Cooking
12-1pm	Lunch	Lunch	Lunch		Lunch
1-3pm	Tax/Blue Card/White Card	Clinic Yarns Health & Wellbeing	Tax/Blue Card/White Card		Clinic Yarns Health & Wellbeing
3-4:30pm	<u>Ball Games</u>	<u>Futsal</u>	<u>Oval Activities</u>		<u>Ball Games</u>
4:30-5pm	Clean Up/Pack Down	Clean Up/Pack Down	Organise Movie Night	Wind Down Relax Time/Yarn	Clean Up/Pack Down
5-6:30			Movie Night		

AND...

Tuesday 2 April - morning tea with youth to talk about activities during school holidays.

Thursday-Friday 4-5 April - two fishing days Youth (12- 24) with experts

Monday 8 April - games at the Club with BBQ lunch and games incl pool, darts & ping pong.

Tuesday-Wednesday 9-10 April - practising Traditional dance with the Laura Dance Festival winners!

Men's Support: targeting and empowering.

These are areas that will be covered in the men's support SEWB incentive:

- Exploring true Indigenous men identity in the 21st century
- Explain and explore true empowered man
- Empowerment through men in community
- Identifying and renaming domestic and family violence
- Identifying and renaming alcohol and other drugs
- Create and develop positive narrative stories of man
- Exploring and renaming healthy and unhealthy relationships
- Develop and explore health and physical interventions
- Understanding and exploring post-colonial trauma and behaviour
- Understanding and renaming masculinity
- Understand and discuss mental health interventions
- Understanding learnt and unlearning negative behaviour
- Develop and create traditional and cultural interventions
- Defining and exploring SEWB (Social and Emotional Well Being)
- Understanding and exploring, narrative therapy, cognitive behaviour therapy, culturally referenced therapy, strength-based intervention, mindfulness and self-awareness, family systems therapy and advocacy in men's support program

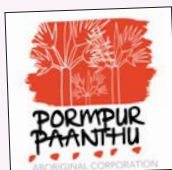
Contact Joseph or Michael for more information (at the Men's Shed)

Come and see us at the Healing Centre for confidential support, advice and advocacy for families. We're here to support our families to support their children to grow up healthy and happy.



The Healing Centre has added an additional way of contacting counsellors when the receptionist is not available via an intercom system.

Just press the button, and a counsellor will attend to your needs.



Child Care Subsidy (CSS) help available



Families with more than one child aged 5 or younger have been eligible for a higher rate of Child Care Subsidy (CCS) to help with costs since March last year.

Find resources to help families understand the changes at www.childcaresubsidy.gov.au Or see here for more information: <https://www.servicesaustralia.gov.au/your-number-children-care-can-affect-your-higher-child-care-subsidy>

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