



PORMPUR PAANTHU NEWS WEEK

Issue 70: 13 September 2021

Working together on (de)stressing



Working together on reducing stress was the focus of a well-spent day of activities shared between Men's Support and Youth & Connection at Mungkan last week.

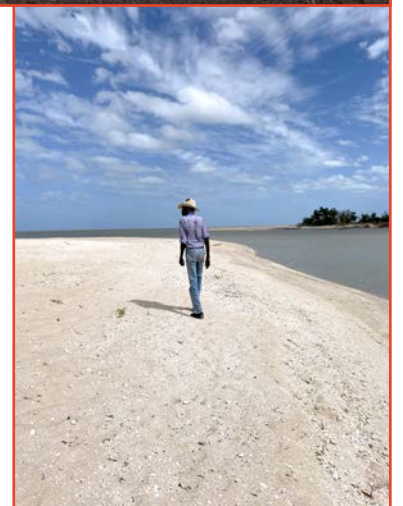
"We discussed modern and traditional stress and ways that work for each of us in reducing our stress," Counsellor Robert English said.

"We also talked about individual triggers of stress and brainstormed ways to avoid or reduce them.

"Mostly though, we de-stressed.

"Overall we had a good time in good company and as we showed each other that as men we do care and we face many of the same problems.

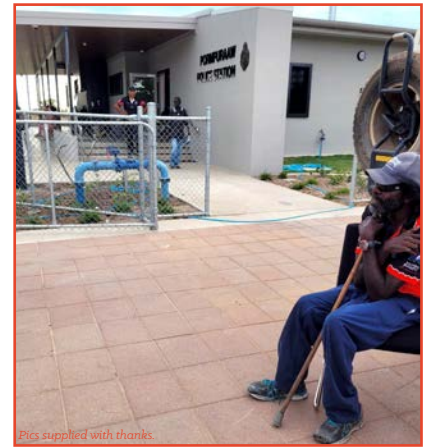
"And at the end of the day we realised that together we might just be able to get through them."



Construction of the new \$8.2 million Pormpuraaw Police Facility has finished and was celebrated on Saturday with a community BBQ.

In August last year Member for Cook Cynthia Lui said the facility would be a boost for community safety.

“These modern facilities will ensure local police are able to deliver efficient policing to the community,” she said.



Pics supplied with thanks.



Pormpuraaw Police Station
New Phone Number
4050 7379
Mobile
0409 769 856
**Phones answered during business hours only*

Pormpuraaw Playgroup

OPEN

@ The Corner Shed
 EXPLORE, FUN, PLAY

Every **MON, WED & FRI**
 10am-12pm
 during term time
 *WED sessions run
 @ the school kindy

ALL CHILDREN AND CARERS
 WELCOME

FREE!

St. Mary & St Edward Church,
 Pormpurrav

**PORMPURRAW
 FOR CHRIST
 CRUSADE**

**6PM | Fri- Sun | Oct 8-10, 2021
 At the Church Grounds**

Guest Speakers : Pst. Ben Hakalitz and Pst Joe Pulea of
 Livinglight Gospel Church, Cairns.
 All Enquiries please contact Rev Andrew Kenioriana on
 0456467693- andrewkenioriana@gmail.com

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