



# PORMPUR PAANTHU NEWS WEEK

Issue 161: Monday 24 July 2023

## PORMPURAAW ART & CULTURAL CENTRE INC.



Pics by Paul Furse

Pormpuraaw Art & Culture Centre won the Cairns Indigenous Art Fair's \$10,000 Art Centre Award earlier this month for what was described as their "dynamic, optimistic, and inspirational" space. "The community had a clear vision and theme with a cohesive resonance that resonated with all the judges," they said. "Their presentation was creative and original, and it was great to see so many emerging artists reinvigorating the art centre."



Pormpuraaw RAW joined colleagues and comrades in Cairns last week for Indigenous Marathon Foundation workshops and the Cairns Marathon. Broc ran the half marathon for his first time and Josie finished on a personal best in the 5km run, while Vanessa and Roydon both ran personal bests in their 5km runs. **Represent Pormpuraaw, represent!!!**



# Bringing up Great Kids



**Dates:** Wednesday: 2 August, 16 August, 30 August and 13 September 2023 (4 weeks)

**Time:** 11:30am – 1:30pm | **Location:** PPAC corner shed

**Cost:** Free | Bookings essential, limited placements. All resources and meals provided.  
Your children will be looked after by the Playgroup staff so you can attend.

**Please contact Sandra/Playgroup Co-ordinator if you would like to attend.**  
[s.wason@ppac.org.au](mailto:s.wason@ppac.org.au) or 07 4060 4260.

**Bringing Up Great Kids – is a four-week parenting program which is an evidence-based program that has been tailored for Aboriginal and Torres Strait Islander families.**

## **Bringing Up Great Kids (BUGK) programs and resources support parents to:**

- Learn more about the origins of their own parenting style and how it can be more effective;
- Identify the important messages they want to convey to the children in their care and how to achieve this;
- Learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- Understand the meaning of children's behaviour;
- Discover how to overcome some of the obstacles getting in the way of them being the kind of parents they would like to be; and,
- Discover ways for parents to take care of themselves and to find support when they need it.

Program proudly brought to you by:



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