



PORMPUR PAANTHU NEWS WEEK

Issue 164: Monday 14 August 2023

Women welcome to join on Wednesdays

Wednesday's Women's Group was held on Chapman Beach last week and included yarning by the fire and baking dampers.

"We all had a great time," Aggy said.

"Please consider joining us, we are keen to inspire more women to come along."



The #2023YOUTHSUMMIT is Tuesday 19 to Friday 22 September

nearly
here!

If you're interested in sponsoring an event, prizes or playing a role in supporting our youth, please contact Ganthi or Vanessa at PPAC!



Pic at the #2023YouthSummit taken by Christine Howes

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 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.

For transport to attend the Playgroup session contact Sandra or Alfreda on 07 4060 4001.



Influenza is spreading through our communities. The best way to protect yourself is to get vaccinated. This will mean it's less likely you'll suffer serious illness.

Your local clinic is providing FREE flu shots to all Queenslanders aged 6 months or older.

#OurHealthInOurHands



DOMESTIC AND FAMILY VIOLENCE Prevention Council

All employees have the right to access ten days of paid family and domestic violence leave under new Fair Work Act provisions enacted earlier this month.

A collection of videos which explains why domestic and family violence is a workplace issue is available at: <https://workplace.ourwatch.org.au/employee-support/>

They were created by *OurWatch* to support workplace responses to domestic and family violence.

For information and support options see also <http://www.qld.gov.au/dfvhelp>

For confidential crisis support contact DVConnect Womensline on 1800 811 811 or DVConnect Mensline on 1800 600 636

In an emergency, call Triple Zero – 000 – and ask for Police.

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