



PORMPUR NGAMPLIN
PAM MONGTHAK
aboriginal corporation

PNPM

News Week

- FORMERLY PORMPUR PAANTHU ABORIGINAL CORPORATION (PPAC) -

Issue
283

Monday 2
February
2026

HEALING CENTRE OPEN DAY

10am Wednesday,
4th February 2026

Come and meet and greet our current and new staff at the Healing Centre and learn more about our range of healing services.

★ What's on the day?

- Meet our friendly team
- Learn about our healing services
- Enjoy a light lunch
- Share your thoughts by completing a short feedback form about our services



Need Transport?

If you require transportation, please contact the Healing Centre:
4060 4260 or 0497 936 264



**PPAC's Playgroup
is held on Monday,
Wednesday & Friday at
the Corner Shed from
10am to Midday**

TIPS TO CUT BACK ON ALCOHOL

SET LIMITS



Set a Drink Limit

FIND ALTERNATIVES



Try Mocktails or Non-Alcoholic Drinks

AVOID TRIGGERS



Stay Away from Temptations

TAKE CARE OF YOURSELF



Exercise, Eat Healthy & Get Good Sleep

To report sly grogging, phone the confidential Sly Grog Hotline on 1800 500 815

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