



Images courtesy Department of Defence

## FamilySMART Deployment program for partners of military personnel

**Calling all Townsville based Defence partners who are, or soon will be, affected by absence due to a deployment.**

**Whether this is your first or tenth experience of deployment, this four week program can help you to identify your strengths and become more resilient, self-reliant and proactive, particularly during challenging times.**

Topics covered include: Challenges and opportunities of absence, maintaining healthy relationships during the deployment cycle, stress management, self-care, and support options.

**\*\* This workshop coincides with a KidSMART deployment program for primary school aged children at the same venue.**

**WHERE** Geckos Family Centre **WHEN** Held over four consecutive Mondays commencing on 29 February, from 5.30 pm to 7.00 pm **RSVP** Joelene Browne or Karly Rubins on 07 47536 539 by 22 February. Numbers are limited. Dinner will be provided—tell us if you have special food requirements.

**MORE INFO** [www.defence.gov.au/dco](http://www.defence.gov.au/dco)

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