



Calling Defence families with young kids...



KidSMART Deployment is a four-week program for primary aged kids to help them manage deployment and parental absence.

KidSMART mascot Tyler Turtle will help kids learn how to manage change and how to stay connected with their deployed/absent parent.

The workshop will cover other things, like helping children to cope when feeling stressed or anxious. Tyler Turtle will provide some great tips and hints for handling emotions, and kids can learn some great relaxation techniques, too.

This is a four week program with sessions conducted once a week and 1.5 hours per session. All children receive a copy the Tyler Turtle story book to take home.

This is a 4 week program commencing on **Monday 29 February 2016** with consecutive sessions on Monday 07, 14 and 21 March 2016

Venue: Geckos Family Centre

Sessions run from **5:30pm till 7:00pm**

RSVP by Monday 22 February 2016

Dinner will be provided

For more information or to RSVP contact Megan on 47 536 539

