

NORTHERN CONNECT

FREE FOR
DEFENCE
FAMILIES



Do you have teens?

Does your teen need support navigating relationships and communication?

Centacare NQ are currently offering courses to support Defence families at no cost. Courses for teens include:



Real Girls (13–17 years)

This vibrant 5x 1.5 hour session course aims to empower young girls to recognize attributes of healthy relationships (peers and family), build on self-esteem and healthy body image, and improve conflict resolution and communication skills.

Looking Out for Lads (13–17 years)

This 5 x 1.5hr course aims to explore key areas guys experience in relationships with themselves and others. The focus is on helping young males to further develop and build on existing skills through discussions, activities, videos and having fun. This course builds an understanding of our brains influence on our feelings and behaviour, and some ideas on how to manage difficult situations.



For more information call Centacare NQ on 4772 9000

*****BOOKINGS ESSENTIAL *****

Call Centacare NQ (07) 4772 9000 and mention that you are a Defence Family