



Calling Defence families with young kids...



KidSMART Relocation is a four-week program for primary aged kids to help them manage posting and relocation.

KidSMART mascot, Tyler Turtle/Sam Super, will help kids learn how to manage change, stay connected with friends and meet new people.

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

Sessions are once a week for 1.5 hours per session and all children receive a copy of the Tyler Turtle/Sam Super story book to take home.

The Willows State School

Is hosting the Kidsmart Relocation Program starting Term 4 Week 2

**Thursday 12th October for 4 weeks
finishing Thursday 2nd November**

3.15pm – 4.45pm in L Pod

For more information contact your DSTA Correna on 47991333 or e-mail cwhee36@eq.edu.au to register your children please complete form and return

Or the Defence Community Organisation on (07) 47 536 539

