



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 1 Week 5**

**WEDNESDAY 21ST FEBRUARY for 4
weeks finishing**

WEDNESDAY 14TH MARCH

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

