

Managing military life

A DCO program to help primary-age kids manage issues arising from posting, relocation and deployment.

KidSMART mascot Tyler Turtle will help kids learn how to manage change, stay connected with friends, meet new people, cope when feeling stressed or anxious (particularly when they are new to a posting location), handle emotions and relaxation. NOTE THIS IS A **MOBILITY PROGRAM**

WHERE Willows State School, Defence Room

Commencing Tuesday 3 March 2020, 3:15 – 4:45pm WHEN

(2 week program consecutive session on Tuesday 10 March)

REGISTER by Monday 24 February 2020 to DSM Correna Wheeler

cwhee36@eg.edu.au

RSVPs are essential for catering purposes

MORE INFO (07) 47 536 539

www.defence.gov.au/dco





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