

## Dealing with military life

## A DCO program to help primary-age children manage issues arising from posting and relocation.

KidSMART mascot Tyler Turtle will help children learn how to manage change, stay connected with friends, meet new people, and cope when feeling stressed or anxious, handle emotions and relaxation. The workshop runs over two weeks and children receive copies of the storybooks to keep.

The Willows State School (L Pod/Defence Room) WHERE

**WHEN** Commencing Term 4-Tues 10 & 17 November, 3pm – 4:45pm

**RSVP** To register by Tuesday 3 November 2020 contact

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**MORE INFO** 



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