



Australian Government  
Department of Defence

# FamilySMART



## Managing military life

**Defence Community Organisation is hosting a workshop on managing the challenging aspects of Defence life.**

Calling all Townsville based ADF members and their partners who will be affected by absence due to deployment, exercise or course. This four week workshop will help you identify your strengths and become more resilient, self-reliant and proactive, particularly during challenging times when your partner is away. Please RSVP as numbers are strictly limited. Dinner will be provided. This is a free event for Defence families.

**WHERE**

Gecko's Family Centre, Lavarack Barracks

**WHEN**

Wednesday 03, 10, 17 and 24 March 5.30pm -7.30pm

**REGISTER**

Registrations close: Monday 1 March 2021

**MORE INFO**

[dco.townsville@defence.gov.au](mailto:dco.townsville@defence.gov.au) or 07 4753 6539  
[www.defence.gov.au/dco](http://www.defence.gov.au/dco)



Follow Defence Community Organisation to receive updates.

