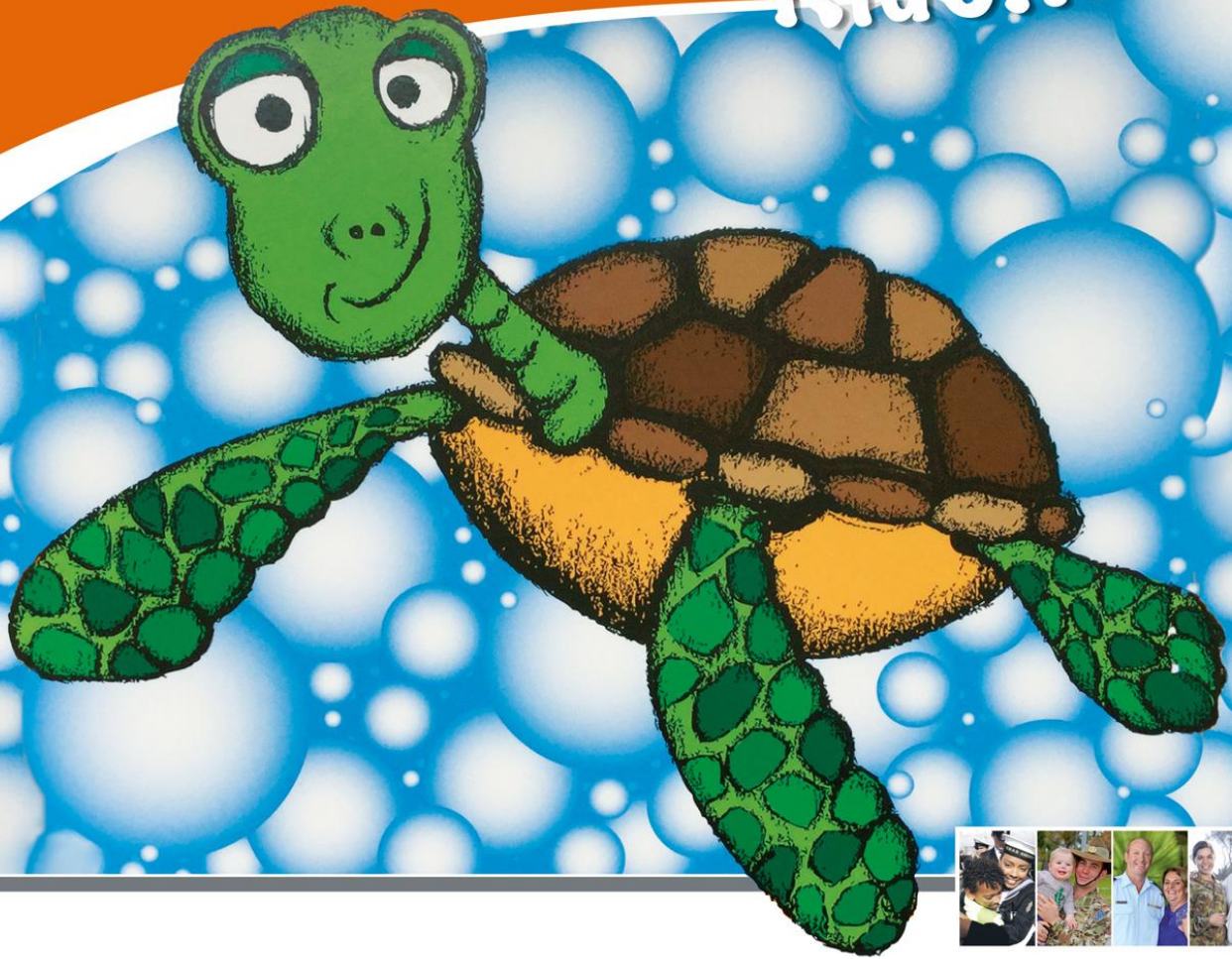




Australian Government
Department of Defence

KidSMART



Dealing with military life

A DCO program to help primary school aged children manage issues arising from parental absence.

KidSMART mascot Tyler Turtle will help children learn how to manage change, stay connected with friends, meet new people, cope when feeling stressed or anxious (particularly during times of parental absence and deployment), handle emotions and learn relaxation strategies. This is a four week program facilitated in conjunction with FamilySMART. Refreshments will be provided.

WHERE

Geckos Family Centre

WHEN

Commencing Wednesday 03 March 2021 (4 week program)

5:30 – 7:30pm

RSVP

By Monday 01 March 2021 via Eventbrite

MORE INFO



Follow Defence Community Organisation to receive updates.

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