

FAMILY & RELATIONSHIP SERVICES OCTOBER 2026

FREE EVENT
Refreshments
provided

COFFS HARBOUR

LIVABLE: SUITE 2, 30A ORLANDO STREET

RAISING EMOTIONALLY RESILIENT KIDS

6 OCTOBER | 1 - 3PM

Learn simple emotion coaching tools to help your child understand emotions, build resilience, and strengthen your connection.

NEXT-GEN PARENTING

2 CONSECUTIVE TUESDAYS

13 & 20 OCTOBER | 9.30 - 11.30AM

Teen parents! Learn about parenthood, build practical skills, and connect with support in a welcoming environment.

CONNECTING THROUGH THE TEEN YEARS

2 CONSECUTIVE TUESDAYS

6 & 13 OCTOBER | 1 - 3PM

Learn practical strategies to manage mood swings, strengthen communication, and stay connected with your teen.

SUDDENLY A PRIMARY CARER

14 OCTOBER | 9.30 - 11.30AM

Learn practical strategies to support children affected by trauma and build a safe, nurturing home environment.

CIRCLE OF SECURITY PARENTING

3 CONSECUTIVE WEDNESDAYS

14, 21 & 28 OCTOBER

1 - 3PM

Gain practical tools to help your child recognise, respond to, and recover from bullying.



TUNING IN TOGETHER: PRACTICAL EMOTION COACHING FOR DADS

2 TUESDAYS

6 & 20 OCTOBER | 1 - 3PM

A practical dads-only session on using emotion coaching to strengthen your connection with your children.

TODDLER TOOLBOX

21 OCTOBER | 9.30 - 11.30AM

Gain practical tools to understand toddler behaviour and respond calmly to big emotions.

THE SILENT THREAT: ARE YOUR KIDS SAFE

27 OCTOBER | 9.30 - 11.30AM

Empower yourself with the knowledge and confidence to guide your child in today's digital world.

BULLYING

27 OCTOBER | 1 - 3PM

Build a secure foundation for your child through connection, understanding, and emotional support

PARENTING THRU A NEURODIVERGENT LENS

28 OCTOBER | 9.30 - 11.30AM

Gain practical tools to embrace neurodiversity and support your child's growth, wellbeing, and confidence.



BOOKINGS ESSENTIAL

1800 289 927 [LIVABLE.ORG.AU/EVENTS](https://livable.org.au/events)

Livable Family and Relationship Services is funded by the Department of Social Services.

