

FAMILY & RELATIONSHIP SERVICES SEPTEMBER 2026

FREE EVENT
Refreshments
provided

COFFS HARBOUR

LIVABLE: SUITE 2, 30A ORLANDO STREET

RAISING EMOTIONALLY RESILIENT KIDS

8 SEPTEMBER | 10AM - 12PM

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

CONNECTING THROUGH THE TEEN YEARS

2 CONSECUTIVE TUESDAYS

8 & 15 SEPTEMBER | 10AM - 12PM

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

TUNING IN TOGETHER:

PRACTICAL EMOTION COACHING FOR DADS

2 CONSECUTIVE TUESDAYS

8 SEPTEMBER 10AM - 12PM &
15 SEPTEMBER 1 - 3PM

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

NEXT-GEN PARENTING

2 CONSECUTIVE WEDNESDAYS

9 & 16 SEPTEMBER | 10AM - 12PM

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

CIRCLE OF SECURITY PARENTING

3 CONSECUTIVE WEDNESDAYS

23 & 30 SEPTEMBER 7 OCTOBER
10AM - 12PM

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



BULLYING

22 SEPTEMBER | 1 - 3PM

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

PARENTING THRU A NEURODIVERGENT LENS

22 SEPTEMBER | 9.30AM - 12PM

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

SUDDENLY A PRIMARY CARER

29 SEPTEMBER | 10AM - 12PM

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

TODDLER TOOLBOX

29 SEPTEMBER | 1 - 3PM

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

MOVING FORWARD

3 CONSECUTIVE WEDNESDAYS

9, 16 & 23 SEPTEMBER | 1 - 3PM

Build confidence and resilience while maintaining connection with your child and preparing for their return home.

EMPOWERING RESPONSIBILITY IN FAMILY VIOLENCE

2 CONSECUTIVE WEDNESDAYS

30 SEPTEMBER & 7 OCTOBER
1 - 3.30PM

Understand the effects of domestic and family violence and learn skills to promote safety, resilience, and positive family relationships.



BOOKINGS ESSENTIAL

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

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

