

FAMILY & RELATIONSHIP SERVICES OCTOBER 2026

GRAFTON

LIVABLE: 11 KEMP ST.

ADVOCATE POSITIVE PARENTING

6 OCTOBER | 10AM -12PM

Practical strategies to raise confident children and let go of the pressure to be the perfect parent.

RAISING RESILIENT KIDS

7 OCTOBER | 10AM -12PM

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



BRINGING UP GREAT KIDS

2 CONSECUTIVE THURSDAYS
8 & 15 OCTOBER | 10AM - 12PM

Bringing Up Great Kids is a supportive parenting program that helps parents and carers strengthen relationships, improve communication, and better understand their child's development, emotions, and behaviour.

BUILDING STRONG BLENDED FAMILIES

2 CONSECUTIVE THURSDAYS
8 & 15 OCTOBER | 1PM -3PM

A supportive workshop for parents and step-parents to build stronger relationships and navigate blended family life with confidence.

BULLYING

13 OCTOBER | 1PM -3PM

Learn how to recognise bullying and support your child with practical strategies and tools.

SILENT THREAT: ARE YOUR KIDS SAFE?

14 OCTOBER | 10AM - 12PM

Discover practical strategies to manage screen time and support healthy digital habits. Learn how to set clear, informed boundaries, navigate online risks, and create a balanced approach to technology use for your family

CONNECTING THROUGH THE TEEN YEARS

14 OCTOBER | 1PM - 3PM

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

FREE EVENT
Refreshments
provided



BOOKINGS ESSENTIAL

1800 289 927 **LIVABLE.ORG.AU/EVENTS**

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



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PARENTING WITH YOUR EX
2 CONSECUTIVE TUESDAYS
20 & 27 OCTOBER | 1PM - 3PM

Discover practical communication strategies, build mutual respect, and develop a shared approach to parenting that supports your children's wellbeing.

**EMPOWERING RESPONSIBILITY IN
FAMILY VIOLENCE**
2 CONSECUTIVE WEDNESDAYS
21 & 28 OCTOBER 10AM - 12PM

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

**UNDERSTANDING & OVERCOMING
SCHOOL REFUSAL**
21 OCTOBER | 1PM - 3PM

Learn to understand the causes of school refusal and discover practical strategies to support your child's return to learning and wellbeing.

HOW TO TALK SO KIDS LISTEN
2 CONSECUTIVE THURSDAYS
22 & 29 OCTOBER | 10AM - 12PM

Discover practical communication skills that help children listen, cooperate, and build stronger family relationships.

TODDLER TOOLBOX
28 OCTOBER | 10AM - 12PM

Understand toddler behaviour and respond calmly to big emotions

NEXT GEN PARENTING
2 CONSECUTIVE THURSDAYS
22 & 29 OCTOBER 1PM - 3PM

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

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