

FAMILY & RELATIONSHIP SERVICES OCTOBER, 2026 EVENTS

GRAFTON

LIVABLE: 11 KEMP ST.
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ADVOCATE POSITIVE PARENTING **6TH OCTOBER | 10AM -12PM**

Learn practical strategies to raise confident, resilient children and let go of the pressure to be the perfect parent.

RAISING RESILIENT KIDS **7TH OCTOBER | 10AM -12PM**

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

BRINGING UP GREAT KIDS **TWO CONSECUTIVE THURSDAYS** **| 8TH & 15TH 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 **TWO CONSECUTIVE THURSDAYS** **8TH & 15TH OCTOBER** **1PM -3PM**

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

BULLYING **13TH OCTOBER | 1PM -3PM**

Learn how to recognise bullying, support your child, and build their confidence with practical strategies and tools.

SILENT THREAT: ARE YOUR KIDS SAFE? **14TH 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 **14TH OCTOBER | 1PM-3PM**

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



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.



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Livable events
are **FREE** and
refreshments
provided.

PARENTING WITH YOUR EX

TWO CONSECUTIVE TUESDAYS

20TH & 27TH OCTOBER | 1PM-3PM

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

HOW TO TALK SO KIDS LISTEN

TWO CONSECUTIVE THURSDAYS

22ND & 29TH OCTOBER | 10AM -12PM

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

UNDERSTANDING & OVERCOMING SCHOOL REFUSAL

21ST 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

EMPOWERING RESPONSIBILITY IN FAMILY VIOLENCE

TWO CONSECUTIVE WEDNESDAYS

21ST & 28TH OCTOBER 10AM - 12PM

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

TODDLER TOOLBOX

28 OCTOBER | 10AM -12PM

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

NEXT GEN PARENTING

TWO CONSECUTIVE THURSDAYS

22ND & 29TH OCTOBER 1PM -3PM

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



BOOKINGS ESSENTIAL