

FAMILY & RELATIONSHIP SERVICES JULY - AUGUST 2026

FREE EVENT
Refreshments
provided

GRAFTON

LIVABLE: 11 KEMP ST.

THE SILENT THREAT: ARE YOUR KIDS SAFE?

28 JULY | 11 AM - 1 PM

Discover essential strategies to safeguard your child's screen time, empowering you to set firm informed boundaries.



CIRCLE OF SECURITY PARENTING

3 CONSECUTIVE TUESDAYS

28 JULY | 2 PM - 4:30 PM

4 & 11 AUGUST | 10 AM - 1 PM

Read your child's emotional needs and enhance their self esteem.

MANAGING BIG BEHAVIOURS

29 JULY | 9:30 AM - 11:30 AM

Understand big behaviours in your child by tuning into their emotions to help them express themselves.



123 MAGIC & EMOTION COACHING

2 CONSECUTIVE WEDNESDAYS

SESSION 1: 29 JULY | 1 PM - 4 PM

SESSION 2: 5 AUGUST | 10 AM - 1 PM

Effective and enjoyable parenting using gentle techniques that work.

BULLYING

30 JULY | 10 AM - 12 PM

This session is designed to help parents recognise signs of bullying and support their children with effective strategies to confidently address it.

PARENTING THRU A NEURODIVERGENT LENS

30 JULY | 1 PM - 3 PM

Discover empowering parenting approaches that celebrate neurodiversity while nurturing your child's unique abilities.

NEXT-GEN PARENTING

2 CONSECUTIVE THURSDAYS

6 & 13 AUGUST | 10 AM - 12 PM

Teen parents! Join our fun and practical workshop where you can dive into engaging activities, learn all about parenthood, and get answers to any questions you have along the way!

DADS & KIDS

12 AUGUST | 10 AM - 12 PM

Effective strategies for open communication and stronger relationships during stressful times.

PARENTING WITH YOUR EX

2 CONSECUTIVE TUESDAYS

18 & 25 AUGUST | 10 AM - 12 PM

Explore effective co-parenting strategies to navigate the complexities of parenting with your ex, even when emotions run high!

SUDDENLY A PRIMARY CARER

19 AUGUST | 10 AM - 12 PM

Learn some practical skills to assist you if you are suddenly a primary carer.

HOW TO TALK SO KIDS LISTEN

2 CONSECUTIVE THURSDAYS

20 & 27 AUGUST | 10 AM - 12 PM

Discover practical strategies for communicating with children and encouraging them to listen.



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.

