

FAMILY & RELATIONSHIP SERVICES SEPTEMBER 2026

FREE EVENT
Refreshments
provided

GRAFTON

LIVABLE: 11 KEMP ST.

BULLYING

1 SEPTEMBER | 10AM - 12PM

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

KEEP CALM AND STRESS LESS

2 SEPTEMBER | 10AM - 12PM

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



CIRCLE OF SECURITY

3 CONSECUTIVE TUESDAYS

8, 15 & 22 SEPTEMBER | 1:30 - 3:30PM

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



TUNING INTO KIDS

2 CONSECUTIVE WEDNESDAYS

9 & 16 SEPTEMBER | 9:30AM - 12:30PM

Empower your parenting journey through enhancing your skills in communication, understanding your child's needs, supporting your child's emotional development and preventing behaviour issues.

ENGAGING ADOLESCENTS IN TOUGH CONVERSATION



2 CONSECUTIVE THURSDAYS

17 & 24 SEPTEMBER | 2 - 4PM

This workshop provides easy-to-use techniques to enlist adolescents to manage their own teenager behaviour problems and emotional reactions.

You will learn how to build a relationship with a teenager, help parents to build a relationship with their teenager, and strategies to deal with unacceptable behaviour.

SILENT THREAT: ARE YOUR KIDS SAFE?

30TH SEPTEMBER | 10AM - 12PM

Discover essential strategies to safeguard your child's screen time, empowering you to set firm, informed boundaries, giving you the opportunity to ask any questions you have along the way!

TODDLER TOOLBOX

1ST OCTOBER | 10AM - 12PM

Learn techniques on surviving the toddler years, with the right tools to emotionally coach your child. Understand the difference between meltdowns and tantrums and learn effective skills to remain calm during these tough times.



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.

