

## FAMILY AND RELATIONSHIP SERVICES TERM 4, 2023 EVENTS

**FREE**  
EVENT &  
CHILDCARE

**LIVABLE - 11 KEMP STREET  
GRAFTON**



### **DADS TUNING IN TO KIDS**

6 WEDNESDAYS | 10 AM - 12:30 PM  
4-18 OCT; 1-15 NOV

A father-focused program to understand, recognise and respond to your child's emotional needs.

### **CALMER KIDS, CALMER HOMES**

10 OCTOBER | 10 AM - 12:30 PM

Explore fears, worries and anxiety to support your kids in their home environment.



### **CIRCLE OF SECURITY PARENTING**

6 THURSDAYS | 10 AM - 12:30 PM  
12 & 19 OCT; 9 NOV - 14 DEC

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



### **PARENTING AFTER FAMILY VIOLENCE**

6 CONSECUTIVE TUESDAYS  
24 OCT - 28 NOV | 10 AM - 12:30 PM

A nurturing, empowering and kind program for parents and carers who have experienced family violence.

### **CREATIVE COMMUNICATION**

25 OCTOBER | 10 AM - 12:30 PM

Discover creative and enjoyable communication strategies that can strengthen your relationship with your 4 to 15 year old child.

### **STARTING HIGH SCHOOL**

13 NOVEMBER | 10 AM - 12:30 PM

A practical workshop that will help you prepare yourself and your pre-teen for their high school journey.



### **1-2-3 MAGIC**

3 CONSECUTIVE WEDNESDAYS  
22 NOV - 6 DEC | 10 AM - 12:30 PM

Manage difficult child behaviours by focusing on strategies that promote and encourage change.

### **CHRISTMAS CELEBRATION**

4 DECEMBER | 9:30 AM - 11:30 AM

Explore how to keep your emotional cup full while your kids are entertained. Enjoy a fun Christmas parade.

### **HOW TO TALK SO KIDS LISTEN**

5 DECEMBER | 10 AM - 12:30 AM

Through problem-solving, learn five key strategies to communicate with your child.

### **BOREDOM BUSTERS**

8 DECEMBER | 9:30 - 11:30 AM

Discover great tips to bust the boredom.

### **PRESCHOOL / KINDY DROP OFF**

11 DECEMBER | 10 AM - 12:30 PM

Discover important strategies to support your child make the best start to their day at school.

### **KEEP CALM AND STRESS LESS**

13 DECEMBER | 10 AM - 12:30 PM

Learn strategies to manage and communicate in stressful situations.

**online**

### **STARTING HIGH SCHOOL**

13 NOVEMBER | 6 - 8:30 PM

A practical workshop that will help you prepare yourself and your pre-teen for their high school journey.

### **UNDERSTANDING ANGER**

15 NOVEMBER | 6 - 8 PM

Understand the emotion of anger, both the positive and negative, and the part that it can play in your life.

### **MANAGING ANGER**

22 NOVEMBER | 6 - 8 PM

Discover easy strategies to manage anger that will create a calmer home.

