livable
your life your way

KEEP CALM STRESS LESS

Effective Strategies for Open Communication and Stronger Relationships During Stressful Times

Discover practical strategies for maintaining healthy communication and nurturing relationships during high-stress times like Christmas, or the daily rush of activities.

Learn how to stay connected and supportive through the chaos of bag drop-offs, extracurriculars, dinner, homework, and bedtime routines.

Tuesday
24 February
10:30am - 1pm

At Treelands Dr Community Centre:
24 Treelands Dr
Yamba, NSW

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

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

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