



# 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.

**Monday  
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.

