



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.

