



EMPOWERING RESPONSIBILITY FAMILY VIOLENCE

These sessions will help you understand the impact of domestic and family violence on your family.

We will explore the different types of abuse, the cycle and patterns that those who use violence may struggle with, and the effects these patterns have on partners and children.

These sessions also provide parents and caregivers with practical skills and simple strategies to manage anger, fostering a calmer, more peaceful home.

2 CONSECUTIVE WEDNESDAYS
**30 September &
7 October**
1 - 3.30 pm

At Livable:
**Suite 2, 30A
Orlando Street
Coffs Harbour**

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



BOOKINGS ESSENTIAL

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

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

