

moving FORWARD

This Program is designed specifically for parents who are currently apart from their children

It offers a supportive step forward in nurturing your well-being as you navigate the complexities of parenthood from a distance.

The program also explores what happens when your child returns home and the steps that follow.

3 CONSECUTIVE WEDNESDAYS
9, 16 & 23 September
1 - 3 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](https://livable.org.au/events)

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

