livable
your life your way



RAISING EMOTIONALLY RESILIENT KIDS

Learn simple, daily emotion coaching tools to help your child name, understand, and handle big feelings.

This standalone course covers the foundations you need to calm meltdowns, build resilience, and strengthen your relationship.

Wednesday
7TH October
10am - 12pm

At Livable:
11 Kemp street
Grafton

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.