livable
your life your way

FAMILY & RELATIONSHIP SERVICES
NOVEMBER / DECEMBER 2026

FREE EVENT
Refreshments provided

COFFS HARBOUR
LIVABLE: SUITE 2, 30A ORLANDO STREET

RAISING EMOTIONALLY RESILIENT KIDS
3 NOVEMBER | 1PM - 3PM

Learn simple emotion coaching tools to help your child understand emotions, build resilience, and strengthen your connection.

SUDDENLY A PRIMARY CARER
4 NOVEMBER | 1PM - 3PM

Learn practical strategies to support children affected by trauma and build a safe, nurturing home environment.

BRINGING UP GREAT KIDS
2 CONSECUTIVE TUESDAYS
17 & 24 NOVEMBER | 1PM - 3:30PM

Bringing Up Great Kids is a supportive parenting program that helps parents and carers strengthen relationships, improve communication, and better understand their child's development, emotions, and behaviour.

SHARK CAGE
5 CONSECUTIVE WEDNESDAYS
18 TO 16 DECEMBER | 1PM - 3:30PM

Shark Cage™ is an interactive workshop that helps participants recognise the warning signs of unhealthy and abusive behaviours, understand the dynamics of domestic and family violence, and develop strategies to stay safe, set boundaries, and strengthen personal wellbeing.

BOOKINGS ESSENTIAL
1800 289 927 LIVABLE.ORG.AU/EVENTS

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