livable
your life your way

FAMILY & RELATIONSHIP SERVICES

GRAFTON
NOVEMBER 2026

LIVABLE: 11 KEMP ST. GRAFTON

FREE EVENT
Refreshments provided

NEW! READY SET SCHOOL!
3 NOVEMBER | 2PM - 4PM

Ready Set School helps parents support their child's confidence, independence, social skills, and emotional wellbeing for a positive start to Kindergarten. Learn practical strategies to build on your child's strengths and prepare for a successful transition to school.

KEEP CALM AND STRESS LESS
4 NOVEMBER | 10AM - 12PM

Strengthen family connections with practical tips for healthy communication, managing stress, and staying connected through life's busy moments.

CIRCLE OF SECURITY PARENTING
3 CONSECUTIVE WEDNESDAYS
4 , 11 & 18 NOVEMEBER | 2PM - 4PM

Circle of Security Parenting helps you understand your child's emotional needs, support their emotional wellbeing, and build a strong, secure relationship. Gain practical skills to strengthen your child's confidence and trust your parenting instincts.

DADS AND KIDS
5 NOVEMBER | 10AM - 12PM

Dads & Kids celebrates the important role fathers and father figures play in children's lives. Join us to explore practical ways to strengthen connections, support your child's development, and create positive, lasting relationships.

MANAGING BIG BEHAVIOURS
10 NOVEMBER | 2PM -4PM

Understand big behaviours in your child by tuning into their emotions to help them express themselves.

PARENTING THRU A NEURODIVERGENT LENS
12 NOVEMBER | 2PM-4PM

Discover empowering parenting approaches that celebrate neurodiversity while nurturing your child's unique abilities.

NEW! BUILDING STRONG BLENDED FAMILIES
2 CONSECUTIVE FRIDAYS
13 & 20 NOVEMBER | 2PM -4PM

A supportive workshop for parents and step parents to build stronger relationships and navigate blended family life with confidence.

PARENTING WITH YOUR EX
2 CONSECUTIVE TUESDAYS
17 & 24 NOVEMBER | 10AM - 12PM

Discover practical communication strategies, build mutual respect, and develop a shared approach to parenting that supports your children's wellbeing.

BOOKINGS ESSENTIAL

1800 289 927 LIVABLE.ORG.AU/EVENTS

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

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BULLYING
17 NOVEMBER | 2PM - 4PM

Bullying provides parents and carers with practical tools to recognise, prevent, and respond to bullying. Learn how to support your child's wellbeing, confidence, and resilience in challenging situations.

NEXT GEN PARENTING
2 CONSECUTIVE THURSDAYS
19 & 26 NOVEMBER | 10AM - 12PM

Teen parents! Learn about parenthood, build practical skills, and connect with support in a welcoming environment.

NEW! PARENTING CHILDREN IMPACTED BY TRAUMA
19 NOVEMBER | 2PM - 4PM

Parenting Children Impacted by Trauma helps parents and carers understand the effects of trauma and build skills to support their child's emotional wellbeing, resilience, and positive development.

PARENTING AFTER FAMILY VIOLENCE
2 CONSECUTIVE FRIDAYS
20 & 27 NOVEMBER | 10AM - 12PM

Parenting After Family Violence supports parents and carers impacted by family violence to rebuild confidence in their parenting. Through reflection and practical strategies, participants learn to strengthen relationships with their children, support healing, and create safe, nurturing family connections.

NEW! CONNECTING BEYOND WORDS
24 NOVEMBER | 2PM - 4PM

Connecting Beyond Words helps parents and carers build stronger connections with their children through understanding emotions, non-verbal communication, and meaningful relationships. Learn practical strategies to strengthen connection, trust, and wellbeing within your family.

TODDLER TOOLBOX
25 NOVEMBER | 2PM - 4PM

Understanding toddlers helps parents and carers make sense of toddler behaviour and respond calmly to big emotions. Learn practical strategies to support your child's emotional development, strengthen your relationship, and navigate everyday challenges with greater confidence.

SILENT THREAT: ARE YOUR KIDS SAFE?
26 NOVEMBER | 2PM - 4PM

Discover practical strategies to manage screen time and support healthy digital habits. Learn how to set clear, informed boundaries, navigate online risks, and create a balanced approach to technology use for your family.

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