



Images courtesy Department of Defence



## FamilySMART Deployment program for military partners and couples

**Calling all Townsville based Defence partners and couples, who are, or soon will be, affected by absence due to a deployment, exercise, course or posting.**

**Whether this is your first or tenth experience of deployment, this four week program explores ways to manage your partner's absence, in a relaxed and supportive environment. Topics covered: challenges and opportunities of absence, maintaining your relationship during the deployment cycle, stress management and self care.**

\*\* This workshop coincides with a KidSMART Deployment program for primary school aged children \*\*

WHERE Geckos Family Centre

WHEN Held over four consecutive Tuesdays commencing 11 July, from 5 pm – 7.30 pm

RSVP (07) 4753 6539 or [dco.townsville@defence.gov.au](mailto:dco.townsville@defence.gov.au) by 04 July. Numbers are limited. Dinner will be provided – please tell us if you have any special dietary requirements. Free babysitting provided for children under school age – please tell us if you require babysitting

MORE INFO [www.defence.gov.au/dco](http://www.defence.gov.au/dco)

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