



# Calling Defence families with young kids...



## **KidSMART Deployment is a four-week program for primary aged kids to help them manage deployment and parental absence.**

KidSMART mascot, Tyler Turtle, will help kids learn how to manage change and how to stay connected with their deployed parent.

The workshop will cover other things, like helping children to cope when feeling stressed or anxious. Tyler Turtle will provide some great tips and hints for handling emotions, and kids can learn some great relaxation techniques, too.

**Sessions are once a week and 1 to 1.5 hours per session. All children receive a copy the Tyler Turtle story book to take home.**

KidSMART deployment workshop near you:

**Commencing on  
Tuesday 11 July 2017  
5:00pm – 7:30pm  
Geckos Family Centre**

To express an interest in the upcoming KidSMART program please contact DCO 47 536 539

