Workshops for partners of military personnel

FamilySMART is a face-to-face training program that helps the partners of ADF members to manage the military lifestyle.

FamilySMART can help you to identify your strengths and discover ways to become more resilient, self-reliant and proactive, particularly during challenging times like deployment, absence from home, moving house, or when your partner returns after time away.

FamilySMART is delivered by Defence Social Workers and we are now running a session near you. Call us or visit our website to find out more.

WHERE Shoalhaven Defence Families Association (SDFA) Canberra Flats, 1 Canberra Drive, Nowra Hill NSW 2540
WHEN Friday 20 Jun 2014, 10 am to 1 pm
RSVP DCO Nowra dco.nowra@defence.gov.au or 02 4421 3855
MORE INFO www.defence.gov.au/dco

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