



Australian Government
Department of Defence

FamilySMART



DCO Nowra presents

Stress management workshop

FamilySMART helps the partners of ADF members identify and build on their strengths, learn techniques to cope with the stressors and challenges of the military lifestyle, and become more resilient, self-reliant and proactive. The workshop targets challenging aspects of Defence life such as deployment, relocation, partner absence from home, or reuniting with a partner after a long absence.

WHERE DCO Nowra, Suite 2 Level 2, 57 Berry Street, Nowra
WHEN Friday **23 June 2017** 10.30am–12.30pm
RSVP by Tuesday **20 June 2017** to
dco.nowra@defence.gov.au or 02 4421 3855
MORE INFO www.defence.gov.au/DCO/



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