



Australian Government  
Department of Defence

# FamilySMART



## Dealing with military life

**Defence Community Organisation is hosting a workshop on dealing with challenging aspects of Defence life.**

The FamilySMART program helps partners of ADF members identify and build on their strengths, learn techniques to cope with the stressors of the military lifestyle, and become more resilient, self-reliant and proactive. The workshop targets deployment, relocation, partner absence from home, or reuniting with a partner after absence. No childcare available. Lunch included.

**WHERE** DCO Nowra, Suite 2 Level 2, 57 Berry Street, Nowra  
**WHEN** Friday 24 November 2017, 11.00am–2.00pm  
**RSVP** by Monday 20 November 2017 to  
[dco.canberra-nowra@defence.gov.au](mailto:dco.canberra-nowra@defence.gov.au) or 02 4421 3855  
**MORE INFO** [www.defence.gov.au/dco](http://www.defence.gov.au/dco)

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