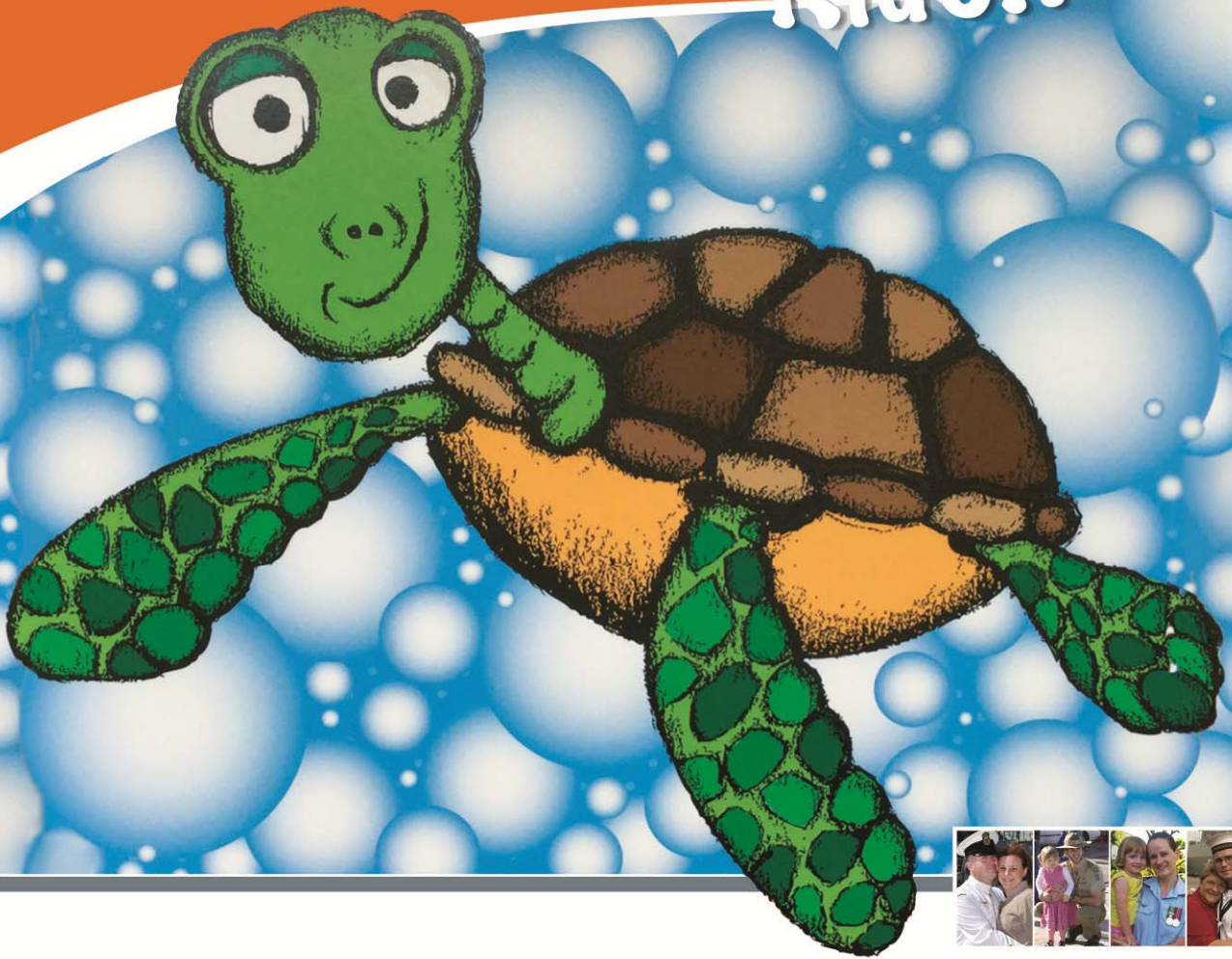




Australian Government  
Department of Defence

# KidSMART



## Dealing with military life

A DCO program to help primary-age kids manage issues arising from posting, relocation and deployment.

KidSMART mascots Tyler Turtle and Sam Super will help kids learn how to manage change, stay connected with friends, meet new people, cope when feeling stressed or anxious (particularly during times of parental absence and deployment), handle emotions and relaxation. The workshop runs over two days and kids receive a copy of the story book to keep.

- WHERE** RAAF Base Darwin, Truscott Club function room
- WHEN** Thu 20 Jul, 8.30am–2.30pm and Fri 21 Jul, 8.30am–1.30pm  
Children will need to bring lunch and snacks for both days.
- RSVP** to [dco.darwin@defence.gov.au](mailto:dco.darwin@defence.gov.au) or 08 8935 7900 as places are limited
- MORE INFO** [www.defence.gov.au/dco](http://www.defence.gov.au/dco)

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