



Thriving as a Defence Partner (TDP)

This 5 week program is facilitated by Social Workers and has been designed to provide support and draw on individuals experiences of what works and what doesn't work when your partner is away from home either on course, exercise or deployment.

Benefits of Attending

- * Gain support
- * Form new friendships
- * Share experiences, ideas and strategies

NEXT PROGRAM BEGINS:

**Wednesday 21 April 2010
for 5 weeks**

Each Wednesday until 19 May 2010

For Registrations and/or information
please ph DCO Cairns on 40539300
or via email on
dco.cairnsfunctions@defence.gov.au

Topics Discussed

Include:

- Emotional Cycle of Separation
- Practical problem solving
- Managing emotions and exhaustion
- Maintaining healthy relationships with your partner

PLUS MORE

**BYO Refreshments to share
Childcare will be provided
if required.**

COST = FREE

The program will be held at 3 Jensen St Manoora

Preferences for a morning or evening program are wanted!!!

Sponsored by Defence Community Organisation Cairns