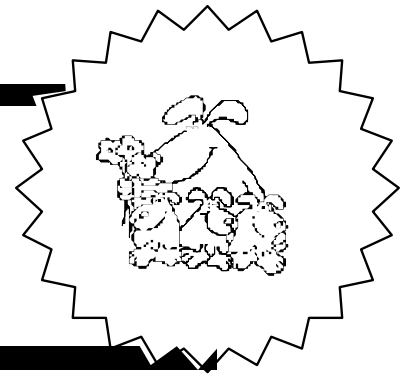


Thriving as a Defence Partner (TDP)



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.

IN A FRIENDLY, NON
JUDGEMENTAL ENVIRONMENT

NEXT PROGRAM BEGINS:

We are currently taking names for this program until we are able to run the next one.

Contact DCO on 40539300

BYO Refreshments to share
Childcare will be provided
if required

Topics Include

- Emotional Cycle Separation
- Practical problem solving
- Managing and
- Maintaining healthy relationships your

PLUS MORE

Testimonials:

“It was a wonderful experience, got to meet lots of lovely people. It was nice to know that I’m not the only one who feels a bit lost at times and learnt some wonderful new tips to cope while hubby is away”.

Julie Smith, 2006

“My first thought when asked to participate in the program was ‘I have been doing this for so long, do I need to do a course after 13 years of comings and goings?’ Surprisingly yes! I met some lovely people, I was able to share my experiences and learned some great ideas from others in the group. I found the whole experience to be positive and a course for everyone no matter how long you’ve been in the game”.

Jo Vartan, 2006

Held at DCO Cairns, 3 Jensen St