



Defence Community Organisation

Liverpool/Sydney

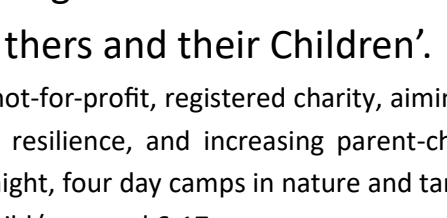
Upcoming Events Bulletin June 2019

Strong families, strong communities, strong Defence

Defence Community Organisation

On behalf of Army, Air Force, and Navy, Defence Community Organisation (DCO) offers a wide range of programs and services to help families manage the military way of life. DCO provides information an assistance, using a model of brief intervention and referral to the most appropriate form of more specialised support. This model entails an initial assessment of the issues presented and then tailored assistance to address those issues. This may mean resolution with the Defence Family Helpline, referral to a DCO Area Office team, or referral to other providers, such as Open Arms or other community based service providers.

To contact Defence Community Organisation, phone **1800 624 608** or email [Defence Family Helpline](#).



‘A breakthrough program for Returned Service Mothers, Fathers and their Children’.

The Younger Heroes is a not-for-profit, registered charity, aiming at strengthening family bonds, building family resilience, and increasing parent-child communication. The Younger Heroes offers 3 night, four day camps in nature and target parents that are currently serving and their child/ren aged 6-17 years.

Upcoming camps: July 11-14 & July 19-21



KEEP ACTIVE THIS WINTER

ACTIVITIES IN SYDNEY/LIVERPOOL

COMMUNITY YOGA (ELIZABETH BAY)

19 Greenknowe Ave, Elizabeth Bay NSW, Monday 2:00— 3:00 pm

CARDIO BOXING (PYRMONT)

Pyrmont Community Centre, Cnr John & Mount St, Pyrmont, Wednesday 6:00— 6:45 pm, Cost \$9.00

LIVE LIFE GET ACTIVE (LIVERPOOL)

Bigge Park, Cnr Bigge & Moore St, visit <https://lifelifegetactive.com/>

LIVE LIFE GET ACTIVE (CRONULLA)

Don Lucas Reserve, visit <https://lifelifegetactive.com/>

YOGA AT RON WILLIAMS COMMUNITY CENTRE (REDFERN)

5-11 Kepos St, Redfern NSW, Thursday 8:30—9:30 am, Cost \$5.00

SURVIVING AS A ‘SINGLE PARENT’ DURING DEPLOYMENT

Settling into your new role solo parenting during deployment can be challenging. There is often minimal time to manage the logistics, let alone deal with the uproar of emotions that tag along. How kids handle separation and what they need from caring adults varies between families. What we do know, is that kids will react, and the adults need to be prepared! To help balance the effects of a loved one’s absence, we are sharing some guidelines and strategies to foster the resiliency children need during the separation.

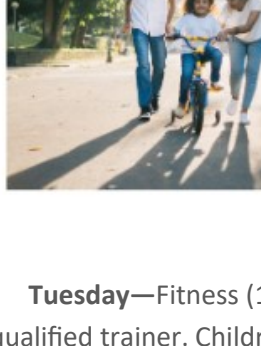
Keep a routine. Try to avoid the feelings of uncertainty by keeping life at home as stable and predictable as possible. Changes to simple activities such as homework, dinner time and bed time can have a bigger impact on kids than you think. The reassurance of a secure and predictable environment can be reassuring and ease potential worry and fear during a loved one’s absence.

Stay connected. Ongoing communication is vital to maintaining a connection to family members. Phone calls, texts, emails and letters are a great way to maintain the presence of a family member even when they aren’t physically there. When you get the chance to speak with your partner, don’t just focus on the logistics of the household—stay emotionally connected, talk about feelings, achievements and setbacks and other issues that may be going on in life.

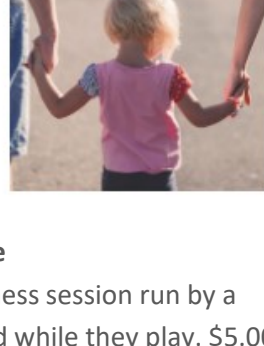
Get support. While an absent parent can be difficult for children, it can also be overwhelming for the partner who is parenting solo and absorbing extra duties. Take advantage of your local informal supports such as friends, family members and community groups, and also your formal supports such as counsellors, social workers and medical professionals—in particular if you are feeling deflated and finding it hard to cope and maintain positive interaction. Being a good role model by demonstrating good coping techniques will teach children how to build resilience during life’s challenges.

Follow through. All children react differently to the absence of a parent. Some may test limits while they are trying to cope with the loss themselves. It is important to remain emotionally in touch with your child and show understanding while remaining firm. Similar to routines, it is important to maintain rules over time, and act in a way that corresponds to what you say and the rules that have been set out.

Visit [Resourcing Parents](#) and [Raising Children’s Network](#) for extra tips and resources to help with the daily parenting struggle!



DEFENCE FAMILY GROUP SUPPORT



Kissing Point Cottage - New Schedule

Tuesday—Fitness (10:00—11:00 am) One hour group fitness session run by a qualified trainer. Children welcome.—supervision is provided while they play. \$5.00 per person to attend.

Tuesday— Bumps & Bubs (10:00 am—12:00 pm) Mother’s group style session for parents with babies or whom are expecting. Older children welcome. \$3.00 donation to attend.

Wednesday—Playgroup (10:00 am—12:00 pm) A facilitated playgroup for all ages. \$3.00 donation to attend and a piece of fruit to share.

Thursday—Occasional Care (fortnightly, 10:00 am—2:00 pm) A fortnightly service offered for children 6 months—5 years. \$20.00 per child.

Thursday—After school club (3:30 pm—5:30 pm) A session for school aged children to build support networks and friendships. \$3.00 donation and something to share for afternoon tea.

Friday—Craft & Chat (10:00 am—12:30 pm) 2.5 hours of relaxation time with other Defence spouses. Includes planned craft such as candle making, weaving and more. Craft \$8.00 or BYO Craft \$3.00 donation. Creche available \$12.00 per family.

Holsworthy Family Group

Join the Holsworthy Family Group for a coffee & chat at Moorebank Sports Club (Sporties).

Crèche is available on site for \$8.

Location: Moorebank Sports Club

Date & Time: Every Monday, 10:00 am—12:00 pm

Cost: Please contact the below email coordinator@holsworthyfamilygroup.org

Anklebiters

Anklebiters invite you to join them! Children of all ages are welcome. This friendly Defence playgroup is very well equipped, and has a shaded outdoor area.

Location: Randwick Barracks

Date & Time: Every Tuesday and Thursday mornings, 9:30 am

Cost: Please contact the below email anklebitersplaygroup@hotmail.com

Liverpool Women’s Resource Centre (LWRC) provides support, group programs, projects, drop in counselling and telephone support to a wide range of women in the Liverpool LGA. LWRC run groups and programs for women including art, sewing and social support groups. Currently, all groups have free child minding and are low cost/no cost and run during school hours.

LWRC also provide drop in support for many local women—crisis counselling, advocacy, referral to other services, use of the phone and information/referral. The service raises money to provide a small amount of brokerage.

A: 23 Sheriff St, Ashcroft NSW 2168

P: 02 9607 7536

E: lwrc@bigpond.com

Join CDAA for the webinar:

Australian Defence Force Partner Career Development:

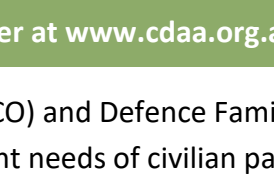
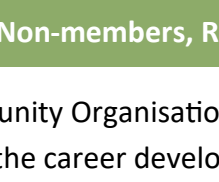
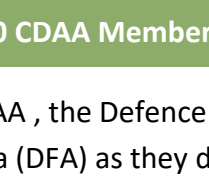
Employment Challenges and Government Funding for Professional Career Support

Presenters:

Maree Sirois - Defence Families Australia
A representative from Defence Community Organisation

Facilitator:

Amanda McCue - CDAA ACT Division Vice President



Webinar Details:

Thursday, June 13, 6:30 pm—7:30 pm AEST

\$20 CDAA Members, \$30 Non-members, Register at www.cdaa.org.au

Join CDAA , the Defence Community Organisation (DCO) and Defence Families of Australia (DFA) as they discuss the career development needs of civilian partners of Australian Defence Force (ADF) personnel and how the Partner Employment Assistance Program (PEAP) funds eligible spouses to access professional career services.

Please direct any enquiries to Amanda Mccue at amanda.mccue@careerswag.com or at 0437 804 993.

WE’D LOVE TO HEAR FROM YOU

[Let us know](#) what activities you’d like to participate in and how we can improve our service.



[Email us](#) to unsubscribe.

