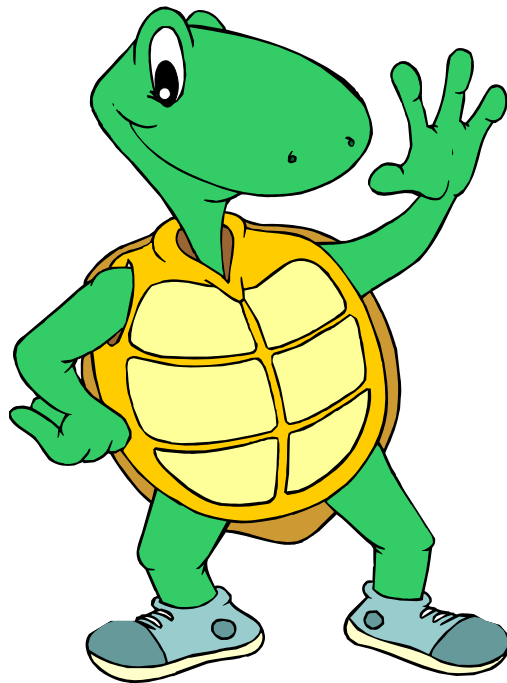


MEDALS

Managing Emotions During Absence and Learning Skills



Hi, I'm Tyler Turtle.
Come and meet me
during the MEDALS
program.

MEDALS is a 5 week program for primary school aged Defence children to build their resilience and develop a tool kit of skills to manage the absence of a parent. Through the eyes of Tyler Turtle children learn the strategies that work when a parent goes away.

Some of the topics covered include:

- Staying connected
- Managing change
- Relaxation strategies
- Managing emotions

Kids who have participated in the program have said “we love Tyler, we have fun, the food is even great, we make new friends, and we make good stuff “.

To register your interest in this program please contact DCO Cairns via email dco.cairns@defence.gov.au or phone 07 4053 9300