

HEALTHY DARWIN

2026-27 Wet Season Healthy Lifestyle Workshops & Short Courses

Stronger Together Workshops

Stronger Together is a series of engaging workshops designed to support adults and families in navigating everyday challenges here in the Top End.

The workshops explore different aspects of personal and family wellbeing through accessible information, reflection, discussion and activities.

Participants will leave with new perspectives and practical strategies they can put into action right away.

- 24 Oct Mango Madness: Keeping Your Cool in the Silly Season
- 07 Nov Why Won't They Listen?! Managing Challenging Behaviours
- 05 Dec Screening Screens for Kids: Creating Healthy Screen Time Habits
- 09 Jan Stop the Fighting! Practical Relationship Skills for Couples and Families
- 30 Jan Don't Lose Yourself: Parenting in the Early Years
- 13 Mar On the Same Team: Sharing the Parental Load

Saturdays x 6 10:00am - 11:15am
Casuarina Library Community Room
17 Bradshaw Terrace, Casuarina

★ **Bookings required!**

Host: Laura - Strong Minds Counselling Services

E - laura.strongminds@gmail.com

P - 0490 920 329



To find out more about this activity,
contact the host directly.

Only \$10 per adult!



To find out more about Healthy Darwin:

healthydarwin@darwin.nt.gov.au

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