

Caring Dads

Facts about fathering:

- Fathers can and want to be a positive influence in the lives of their children
- Positively involved fathers strengthen their children's academic, personal and social development

Unfortunately fathers can also have a negative impact on their children. This occurs when fathers:

- Do not understand the feelings and needs of their children
- Harshly discipline their children
- Argue frequently with their children's other parent/carers
- Use abusive and controlling behaviours

The Caring Dads group program runs one evening a week for 17 weeks. This group offers:

- A unique opportunity for fathers to connect as parents
- A combination of active group discussions exercises and homework

Through 17 sessions fathers will...

- Develop skills to cope in healthy ways with frustrating situations
- Understand how different fathering strategies and choices effect children
- Increase their awareness of controlling/abusive and neglectful attitudes and behaviours
- Be provided with strategies to strengthen the father child relationship



Are you concerned about the level of discipline that you need to keep your child in line?



Do you sometimes wonder how well you know your child?



Do you wish you had a closer relationship with your child?



Do you sometimes feel so angry at your child that you feel like blowing up?

**CENTRE
AGAINST
VIOLENCE**

