

# Understanding Dads



For all men who have  
a fathering role  
and want to improve  
their relationships  
with their children

Free children's activities &  
light supper provided

## WHEN

Tuesdays for 4  
weeks  
5:30pm - 7pm

## DATES

28th February -  
14th March  
2023

## WHERE

Waratah Family  
Centre, 2 High  
Street, Waratah

### Discussions include:

- Understand how your brain and your child's brain works
- Tune into what you and your child need
- Learn about mindfulness & looking after yourself
- Connect with other dads
- Share parenting knowledge and experiences

call **49263577** to  
register

If you are interested but a  
little unsure please give us a  
call and have a chat with our  
workers