

Family Support Newcastle would like to invite men raising children 0-18 years to this FREE group:

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



The Men's Project is funded by the Australian Government and auspiced by Family Support Newcastle

