

# Black Box Parenting For Dads



*Light supper provided  
Separate activity group for children  
available if needed*

## WHEN

**Monday nights  
fortnightly**

**5.30pm - 7.30pm**

With an individual call on the off week

## DATES

**28 July to 22  
September 2025**

5 Group sessions  
5 Phone check ins

## WHERE

**1/6 Leo Lewis  
Close, Toronto  
Awabakal Country**

### Discussions include:

- How the past affects how we parent
- Lessening shame & increasing connection with children
- Connecting with children through play & listening
- Managing your own & your child's behaviour with more compassion
- Looking after ourselves



**To register or enquire call / text Mark on 0490331275**