

# Dads in Connection

Join our group program mapping paths for connection, supporting dads growth for themselves and their kids



*Separate activity group for children available if needed*

## WHEN

**Monday nights  
5.30pm - 7.30pm**

*Light supper provided*

## DATES

**20 Oct -  
24 Nov 2025**

## WHERE

**Waratah Family  
Centre, 2 High St  
Waratah  
Awabakal Country**

## Topics include:

- Being a dad in today's world
- Understanding how our past affects our parenting
- Self-awareness, self-regulation and self-compassion
- Understanding emotions and tuning in
- Communication and relationships



For dads who have some experience in group work

To register or enquire call **4926 3577** or text **0490331275**