



Family Support Newcastle
your family, our community

Family Support Newcastle and Thou-Walla 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 activity group for children
available.

Afternoon tea provided

WHEN

Tuesdays
5pm - 6:30pm
(4 weeks)

DATES

11th, 18th, 25th
March,
& 1st April

WHERE

Thou-Walla Family
Centre
21 Greer St,
Raymond Terrace,
Worimi Country

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
through Family Support Newcastle



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