



Family Support Newcastle
your family, our community

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 activity group for children &
morning tea provided

WHEN

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

DATES

5th, 12th & 19th
November
2024

WHERE

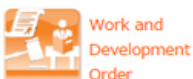
Thou-Walla Family
Centre
21 Greer St,
Raymond Terrace,
Worimi Country

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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