



## Dads Matter

### Parents Building Solutions for Dads

Come along to these 5 sessions and join other Dads to share experiences, learn new strategies and solutions on:

- Increasing your confidence as a Dad.
- Improving communication and closeness with your kids.
- Creating a healthy environment for your children.
- Learning how to cope with stress, emotions and anger.

**DATES:** Fridays 20th November to 18th December 2020

**TIME:** 10:30am to 12:30pm

**WHERE:** Online via Zoom

**COST:** FREE. Bookings essential.

For bookings & enquiries contact:  
Parentzone Gippsland on 03 5135 9555 or email  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

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