



## **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:** Thursdays 29th April to 27th

May 2021

**TIME:** 10:00am to 12:00pm

**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

PARENT*ZONE*