



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: Wednesdays 13th October to 10th November 2021

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

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