



DADS AND EMOTIONS

PARENTS BUILDING SOLUTIONS

A program for Dads, Single Dads and Grand-dads

- **Understanding your feelings**
- **Regulating emotions**
- **Identifying anger triggers**
- **Mental Health & Well Being**

DATE: Wednesday 1 December 2021

TIME: 6.00pm to 8.00pm

WHERE: Online via Zoom

COST: FREE

SCAN QR CODE TO REGISTER:



PARENTZONE

For more information:
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