



## **DADS/GRAND DADS & SONS DROP IN**

FREE 3 sessions program for Dads and their sons/foster sons  
(aged 10-17 years) in Cardinia Shire area.

### **PARENTS BUILDING SOLUTIONS**

- Building Healthy relationships
- Improving Confidence & Communication
- Understanding each other's feelings
- Learn how to cope with stress & anger
- Learning different parenting strategies
- Meeting others dads and sons

**DATES:** Thursday-3, 17 March & 7 April 2022

**TIME:** 5.30pm to 7.30pm

**COST:** FREE

**VENUE:** Pakenham Library, cnr John & Henry  
Streets, Pakenham

Register using the QR  
Code or contact  
Jasbir Singh  
0438 004 285



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# **PARENTZONE**