

Caring Dads



A group program for men who want to improve their parenting and be better fathers.

Some men have attitudes and behaviours towards their partners and family members which have a detrimental impact on their families and children.

Over 17 weeks, participants will:

- Develop awareness of controlling or harmful attitudes and behaviours
- Learn how different parenting choices can positively or negatively affect children's physical, emotional, psychological, social and educational development
- Develop positive strategies and skills to improve family life
- Learn how to cope better with upsetting emotions
- Develop strategies and skills to repair and strengthen their relationships with their children.

Our Services

Our Family Centres are located at Brookvale, Naremburn, Waitara and at Tuggerah on the Central Coast.

Each centre provides a range of family, housing and community services that directly address family wellbeing, parenting, relationship skills, and early childhood development. Our centres work in partnership with other organisations and refer families to other agencies when needed.

Typical services provided at our Family Centres include:



Domestic and family violence support



Emergency relief



Child and family support



Community visitors scheme



Counselling (financial, relationship, pregnancy and more)



Relationship support



Family dispute resolution



Housing and homelessness support



Parenting education



Youth, drug and alcohol support



Family Referral Service



Supported playgroup



Mary Mac's Place



Hospital chaplaincy ... and more

**FOR MORE
INFORMATION
CONTACT**

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