

Is this program for me?

Do you live in North East Melbourne, Western Melbourne or Inner Gippsland?

Do you have regular contact with your child/children?

Are you willing and able to attend a 17 week program?

Do you want to be the best Dad you can be?

Caring Dads is funded by



How do I gain access to the program?

Caring Dads Website
www.caringdads.org.au

Or phone
1300 938 790

Caring Dads is delivered by



***Helping fathers
value their children***

A program to help fathers improve their relationships with their children and end controlling, abusive, and neglectful behaviour.

Do you sometimes worry about how angry you feel about your child?

Do you sometimes have a hard time letting go of angry thoughts about your children or your children's mother?

Do you often feel like your children are intentionally trying to annoy you?

Do you ever feel like you interrogate your children about what goes on at their mother's house?

Do you ever criticise your children's mother in front of your children?

Do you ever complain to your children about how their mother is spending child support?

What is Caring Dads?

The Caring Dads group program runs once a week for 17 weeks.

This group offers a combination of active group discussions, exercises and homework.

Dads will...

- Develop skills to cope in healthy ways with frustrating situations;
- Understand how different fathering strategies and choices affect their children;
- Increase awareness of controlling, abusive and neglectful attitudes and behaviours;
- Be provided with strategies to strengthen and repair father-child relationships;
- Be given opportunities to connect with other men as Dads.

Dads Matter

Dads can and want to be a positive influence in the lives of their children.

Positively involved Dads enhance their children's academic, personal and social development.

Dads can also have a negative impact on their children.

This happens when Dads:

- Do not understand the feelings and needs of their children;
- Harshly discipline their children;
- Argue frequently with their children's mothers;
- Use abusive and controlling behaviour.