



Parenting and Family Support Program's *Being a Dad*

Being a Dad is a FREE workshop that looks at the special role dad's play in a child's life to support their well-being and development. It is for any male caregiver providing care for a child.

Our workshops provide helpful information and practical strategies that each family can adapt to their own parenting situations.

Topics to support your parenting include:

- Importance of being a dad
- Building a positive relationship
- Guiding and setting limits
- Co-parenting
- Taking care of yourself
- Keeping children safe

Our workshops are based on the latest parenting research and use information from **Parenting SA**.

Where: Parafield Gardens Children's Centre
9 Casuarina Dr, Parafield Gardens SA 5107

When: Saturday 14th August 9.30am – 12pm

To book: Contact Scott Forbes- Godfrey 0438 784 851

Creche Available. Bookings Essential. Lunch will be provided after the session for all Dad's and children.

Everyone is welcome

Please arrive 10 minutes early to register

*Delivered by the Department of Human Services
Parenting and Family Support Team*