Being a Dad

Families Growing Together

Being a Dad is a **FREE** workshop that looks at the special role dads 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 are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support your parenting include:

- The 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**.

Pizza provided from 6pm
(Bookings essential)

Where: **Darlington Children's Centre**

When: **Thursday 16th June 2022**

Time: **6.00pm – 8:30pm**

To book: **Please contact Darlington Children's Centre on 8296 2686**

Everyone is welcome, bookings essential.
Please arrive 10 minutes early to register.
Delivered by the Department of Human Services.

Government of South Australia
Department of Human Services