

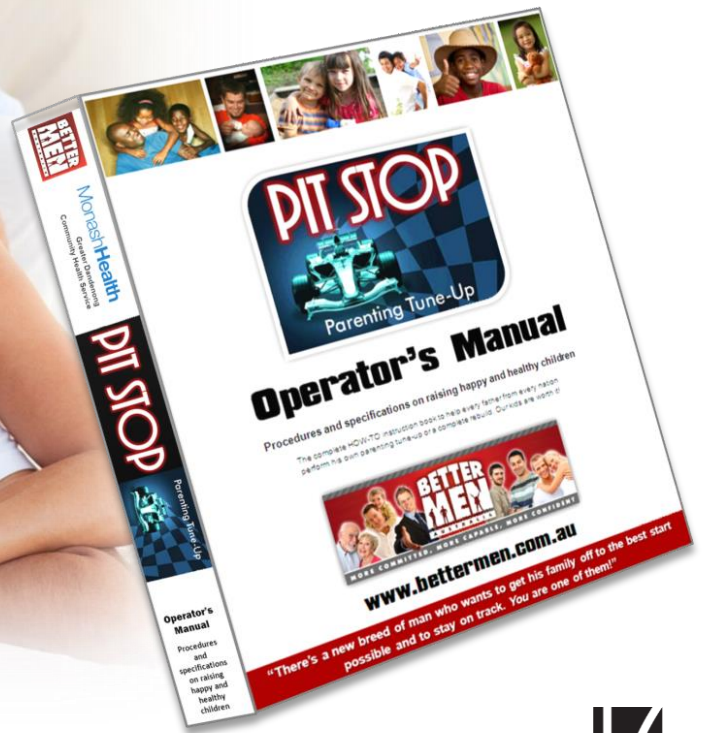
# PIT STOP



Parenting Tune-Up

It's a life-changing course  
designed and delivered by men  
**for every father**  
who wants to see his family  
firing on all cylinders

**Who said children don't  
come with an  
instruction  
manual?**



Brought to you by City of Kingston Family Support Service in partnership with Better Men Australia

**NEXT COURSE STARTS OCT - NOV - DEC 2019**



# PIT STOP



Parenting Tune-Up



PIT STOP  
NEXT LAP

TIME TO  
REFUEL!

ONLY  
\$2  
A TANK!

## NEXT COURSE

Oct - Nov - Dec 2019

**VENUE:** City of Kingston Council  
Westall Community Hub  
Fairbank Room  
35 Fairbank Road  
Clayton South

**DATE** 8 x Tuesday night sessions  
**& TIME:** Oct 8, 15, 22, 29  
Nov 12, 19, 26 &  
Dec 3rd  
7.00pm – 9.00pm

### REGISTRATION ESSENTIAL

Registrations close Tuesday 24 September

#### Enquires:

Kingston Family Support Service 9581 4860  
Ranka Trisic 8551 1202  
Email: cf2fs@kingston.vic.gov.au

## GET THE FACTS ON FATHERHOOD

- ◆ Why dads matter to children
- ◆ Developing a healthy parenting style
- ◆ Improving family communication and closeness
- ◆ Steering your children through stressful stages
- ◆ Disciplining children without losing it... or them!
- ◆ Balancing life work and family
- ◆ Working as a team (partners night)
- ◆ Identifying and implementing change (graduation)

## PLACES LIMITED TO 30 DADS

- ◆ Entertaining multi-media presentation and interaction
- ◆ Practical insights and strategies
- ◆ Relevant for dads of babies to high-schoolers
- ◆ Dads attend without children, partners attend week 6
- ◆ Comprehensive practical manual included
- ◆ Highly visual – good for all levels of literacy. No exams!
- ◆ Relevant for guys just wanting a refuel, tune-up, right through to men in desperate need of a complete rebuild!

## WHAT MEN ARE SAYING:

*"It was great to get together just with blokes. The guys up front are down to earth. I'm now on track to creating a better a future for my kids."*

*"I 'd be the last bloke to do a parenting course 'cause I didn't like the idea of someone telling me how to parent. But I soon discovered Pit Stop is different... I look forward to it every week!"*

*"The bond I have with my wife and son since I started Pit Stop has been amazing... She is telling all her friends about it!"*

*"What a great course! ...many simple tools ... I would strongly recommend it to every dad."*

**Blokes - do this! Our kids are worth it.**