

**FREE**

# Toolkit for Dads

A 3 hour session for men

Fatherhood  
– the best  
job on the  
planet!

## Join us to learn about:

- What gets in the way
- What to do if you lose it
- What children need
- Smarter ways to parent
- Neuroscience and kids
- Helping children thrive
- New ways to discipline
- Self-care for dads

## DATES AVAILABLE in 2022

Thursday 28th April, 9.30am - 12.30pm

Thursday 19th May, 9.30am - 12.30pm

Thursday 30th June, 9.30am - 12.30pm

Thursday 28th July, 9.30am - 12.30pm

Thursday 11th August, 9.30am - 12.30pm

**WHERE:** 150 Rusden Street, ARMIDALE

For more information ring Facilitator on

**6738 7200** or to book, please call

**1800 372 826 FREE CALL**

Centacare NEW acknowledges the  
traditional custodians of this land and pays  
respect to the elders past and present.



**FAMILY**  
RELATIONSHIP CENTRE  
HELPING FAMILIES BUILD BETTER RELATIONSHIPS.



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