

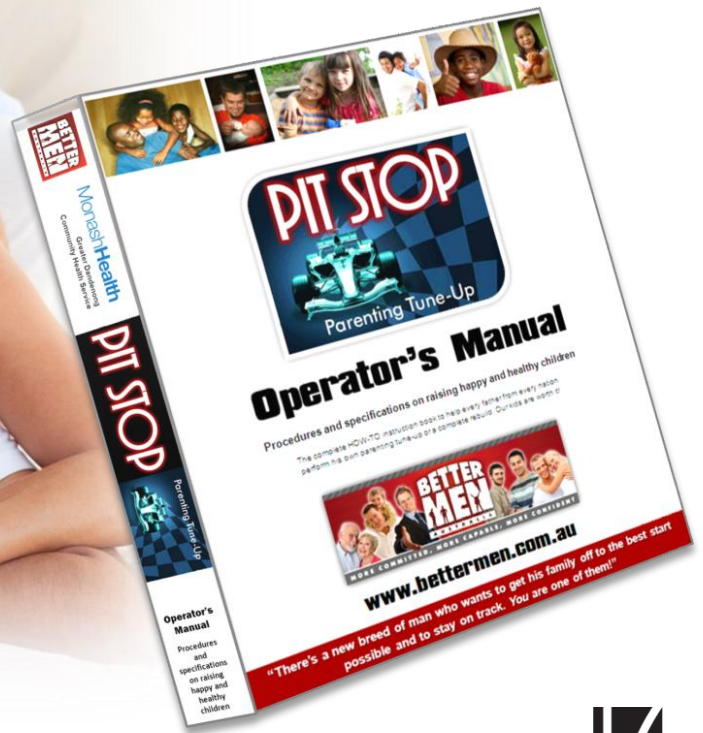
PIT STOP



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 2018



PIT STOP



Parenting Tune-Up



PIT STOP
NEXT LAP

TIME TO
REFUEL!

ONLY
\$2
A TANK!

NEXT COURSE

October - November 2018

VENUE: City of Kingston Council
Mentone Office
Brindisi Room
34 Brindisi Street
Mentone

DATE 6 x Tuesday night sessions
& TIME: 9,16,23,30 October, 13,20
November
6th November Public Holiday
7.00pm – 9.00pm

REGISTRATION ESSENTIAL

Registrations close Wednesday 02 October

Enquires:

Lesley-Ann 1300 369 436

Email: youth.services@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.