



## **DADS AND EMOTIONS**

### **PARENTS BUILDING SOLUTIONS**

A program for Dads, Single Dads and Grand-dads

- **Understanding your feelings**
- **Regulating emotions**
- **Identifying anger triggers**
- **Mental Health & Well Being**

**DATE:** Wednesday 1 December 2021

**TIME:** 6.00pm to 8.00pm

**WHERE:** Online via Zoom

**COST:** FREE

**SCAN QR CODE TO REGISTER:**



## **PARENTZONE**

For more information:  
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TOMORROWS**