



yarra.
FAMILY SERVICES

Navigating fatherhood.

Being a dad in the early years

Presented by Frances Bilbao, Clinical Psychologist and founder of Mums Matter Psychology group

Becoming a dad is a life-changing journey filled with both joy and challenges.

Join us for this interactive webinar to navigate the early years of parenting whether you're a new dad or welcoming another little one into your family.



This session covers:

- Practical strategies
- Fostering strong family relationships
- Prioritising your mental wellbeing
- Managing the emotional change of becoming a parent



When: Thursday 3 September 2026 @ 7pm

Where: Online via Zoom

To register: Visit our website via the QR code or the link below

<https://www.yarracity.vic.gov.au/residents/child-youth-and-family-services/family-and-children/parenting-and-support-services>

Contact us

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National Relay Service

TTY 133 677 then (03) 9205 5055

Languages

العربية 9280 1930

中文 9280 1937

Ελληνικά 9280 1934

Italiano 9280 1931

Español 9280 1935

Tiếng Việt 9280 1939

Other 9280 1940

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