

**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 2023

- Wednesday 28th June 2023, 10am - 1pm
- Wednesday 26th July 2023, 10am - 1pm
- Wednesday 16th August 2023, 10am - 1pm
- Wednesday 27th September 2023, 10am - 1pm
- Wednesday 18th October 2023, 10am - 1pm
- Wednesday 29th November 2023, 10am - 1pm
- Wednesday 20th December 2023, 10am - 1pm

**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.



An Australian Government Initiative

**Centacare**  
New England North West  
*Rural Resilience*  
THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE