



Empower her with a daughters and dads program experience

Experience the **free** multi-award winning Daughters and Dads program developed by the University of Newcastle, filled with fun activities and the perfect opportunity to spend quality time with your daughter.

OUR DAUGHTERS AND DADS PARTICIPANTS:

- Enjoy quality one-on-one time together
- See daughters' develop confidence and skills in a range of sports
- Have fun being active together with fun dad-tested activities
- Learn about building self-esteem and resilience in girls



OUR CLASSIC PROGRAM INCLUDES:

- Nine weekly group sessions starting Tuesday 20 April. The first week of the program is an information session for dads/father figures only running from 5.45pm - 7.45pm. Daughters will join them for the remaining eight 90 minute sessions from 5.45pm - 7.15pm
- Each week involves a short theory session focusing on ways to build confidence, self-esteem and resilience in girls followed by a practical session focusing on fun rough and tumble play, fitness and sport skill activities
- The emphasis is on fun and the program caters for all physical activity and skill levels
- Daughters and dads receive a program t-shirt, drink bottle and activity book

WHEN	PROGRAM TYPE	WHERE	COST
Tuesday evenings 20 April - 15 June 5.45 - 7.15pm	Classic	Oxley Vale Public School Manilla Road, Tamworth NSW	Free

*Father or significant male role models/father-figures are welcome

*Daughters should be primary school aged, minimum of five years old

To book your place visit:

 sport.nsw.gov.au/daughtersdads
or for more information call 13 13 02

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