

# TALKING DADS



**Wednesdays 7.45-9.15pm** Online Course: ID 627  
3rd, 10th, 17th, 24th 31st January, & 7th Feb 2024

**Tuesdays 7.45-9.15pm** Online Course: ID 628  
6th, 13th, 27th February & 5th, 12th, 19th March 2024

**6, weekly sessions for dads & male carers of all ages, sharing information on:**

- **Increasing confidence in your parenting.**
- **Developing a healthy dad/child relationship now and for the future.**
- **Improved listening and communication skills.**
- **Effective strategies for dealing with anger and conflict.**
- **How to enforce boundaries.**
- **Being the dad you want to be.**

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

“The course has given me the confidence to know that I can break out of the cycle and make things different for my child.”

**Booking essential**  
**Please quote the course ID**  
**To check eligibility and book a place,**  
**contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**