

TALKING DADS



Mondays 7.45 - 9.15pm Online Course: ID 710
6th January – 10th February 2025 - dads with 0-19yr olds

Thursdays 7.45 - 9.15pm Online Course: ID 711
27th February - 3rd April 2025 - dads with 0-11yr olds

Wednesdays 7.45 - 9.15pm Online Course: ID 712
26th February – 2nd April 2025 - dads with 12-19yr olds

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

www.supportinglinks.co.uk