

# TALKING DADS



Delivered Online using Zoom

**Wednesdays 7.45 - 9.15pm**

**Course ID: 836**

**06-May, 13-May, 20-May, 03-Jun, 10-Jun, 17-Jun 2026**

**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.**

Groups are open to dads and male carers living, or with a child in school, in Hertfordshire.

"The course was very helpful and informative. It enabled me see things from a different perspective and gave me the tools I needed to reduce conflict at home."

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

**07512 709 556**

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

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

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