

# BUILDING BETTER FATHERS

## Weekly Dad's Workshop for Fathers of Young Children

A life changing program, one evening each week for 8 weeks to give Dads the tools, skills, insights and support to become better fathers for your children, partners, mates and community.

Here's a great opportunity to build some strong foundations before the more challenging teenage years ahead.

- Learn some simple yet really effective parenting tools.
- Having a support network and good mates for fun activities with the kids.
- Healthy Dad Boundaries – when to address challenging behaviours and when to let it go.
- Dealing with frustration – respond or react - it's your choice.
- Learn from other Dads also sharing similar challenges to you.
- The Oxygen Mask Rule – when to care for yourself first so as to better care for others.
- Understanding kids, connecting and parenting styles.
- Special Dads for Special Needs Kids  
All kids are special.
- Have a "Flight Simulator" where you can practice new approaches and skills - a safe environment where nobody gets hurt.
- Blended, Separated or Nuclear families – different styles of fathering.

ROBINA - GOLD COAST

MONDAY NIGHTS

6:45pm - 9:45pm

Right next door to  
Robina Town Centre

STARTS MONDAY  
23rd APRIL @ 6:45pm

Fully funded by  
**Trinity Family Support Network**

Register your interest NOW

**Adam, Bowen or Tim**  
**0478 508 155**

[www.completemen.org/bbfathers](http://www.completemen.org/bbfathers)

CO CREATING A BETTER WORLD - ONE MAN AT A TIME,  
ONE FAMILY AT A TIME.

TRINITY  
**Family Support**  
NETWORK



  
**Complete Men**  
Inspiring men to reach their full potential