

# TALKING DADS



**Wednesdays 7.45 - 9.15pm Online Course ID: 779**  
**17<sup>th</sup>, 24<sup>th</sup> Sept, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> Oct 2025**

**Wednesdays 7.45 - 9.15pm Online Course ID: 780**  
**5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov, 3<sup>rd</sup> & 10<sup>th</sup> Dec 2025**

**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.**

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

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

**"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"**

**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)**