

TALKING DADS



Thursdays 7.45-9.15pm Online Course: ID 659
18th April - 23rd May 2024

Wednesdays 7.45-9.15pm Online Course: ID 660
5th June - 10th July 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

www.supportinglinks.co.uk