



Time Out for Parents - Dads

If you are a father figure to children aged up to 16, then Time Out for Parents - Dads is for you.

Over 5 weeks, you'll increase your skills and confidence and discover practical tools to make your relationship even better.

During the 2 hour sessions you will have opportunity to **meet other father figures** in a **non-judgemental space** and share your knowledge and experience with each other. You'll explore other key aspects including **building self-esteem** and **positive communication**, **setting and maintaining boundaries** and **managing behaviour**.



Please **scan the QR code** to request a place on this course.

