TALKING DADS

Wednesdays 7.45-9.15pm Online Course: ID 685 18th September – 23rd October 2024

Wednesdays 7.45-9.15pm Online Course: ID 686 6th November - 11th December 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.

These courses are provided free to participants by Hertfordshire County Hertfordshire Council' s Targeted Parenting Fund



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

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.