

I am interested in the Hey Dad program, and would like to find out about current courses.

Hey Dad

Hey Dad, for Separated Fathers.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ P/Code \_\_\_\_\_

Phone: \_\_\_\_\_ (W)

\_\_\_\_\_ (H)

*Centacare Catholic Family and Community Services is an agency approved by the Department of Family and Community Services. All educators are trained and accredited in relationship education.*

*We have a Privacy Policy that manages any personal information you give us. If you have any queries, please contact the numbers listed on the back of this brochure.*

## Contact Details:



### Hervey Bay

6/152 Boat Harbour Dve,  
PIALBA QLD 4655

### Maryborough

140 Wharf Street  
MARYBOROUGH QLD 4650

For further information contact:

ELIZABETH  
PH: (07) 4121 6410  
Fax: (07) 4121 0123  
E-mail: [c-caremb@bigpond.net.au](mailto:c-caremb@bigpond.net.au)

Postal Address:

P.O. Box 204  
MARYBOROUGH QLD 4650

\$5 per session x 8 sessions



Catholic and Family Community Services

'Hey, Dad!'

A parenting program for  
dads living with their children  
or  
for separated dads.



**PARENTING EDUCATION  
FOR  
MEN**

Course may include topics  
such as:

- ♦ Understanding your children as they grow,
- ♦ New directions in discipline,
- ♦ Effective communication,
- ♦ Being a step dad,
- ♦ Understanding needs, behaviours and feelings,
- ♦ Setting limits and consequences,
- ♦ Being an access dad,
- ♦ Juggling your needs and those of your children,
- ♦ Self-esteem
- ♦ Legal issues.

Peer Support

## About the Program

*It is:*

*Gentle, non-confrontational and supportive.*

*A safe environment in which to develop new coping skills.*

*A place to learn about forming supportive ways of managing your child/children's issues.*

*An opportunity to share just what you want to, just when you want to .*

*A process which helps you clear your own mind and make your own decisions.*

*An opportunity to be part of a group exploring issues that are important to you.*

*An educative and information sharing process.*

CONFIDENTIAL

**It is not:**

A series of counselling sessions.

Putting your heart, your mind or your problems in the hands of a guru or expert.

A 'hot seat' in which you are pressured to share your troubles.

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DID YOU KNOW?....

- ☺ Men who enjoy parenting are less likely to suffer from stress or illness and have greater satisfaction in adult relationships.
- ☺ Children of involved fathers tend to do better at school, have higher self-esteem and greater confidence.
- ☺ Men do not have to be 'mothers' to be good parents.
- ☺ It is never too late to make a difference in your child/children's lives.

Non-judgemental