



# Fathering Workshops

## FREE Parenting Workshops

Family and Children's Services invite you to our FREE Parenting Workshops with a focus on Dads. The program is facilitated by the fathering project, Relationships Australia and supported by the City of Stirling.



2015 Dates	Sessions
Wednesday 4 November 6.30pm - 8.30pm	<b>Helping you to be the best dad you can be</b> Inspire and equip father figures to act.
Wednesday 11 November 6.30pm - 8.30pm	<b>Dads raising girls</b> Practical ways to improve and maintain a positive and rewarding father – daughter relationship.
Wednesday 18 November 6.30pm - 8.30pm	<b>Dads raising boys</b> The importance of the role Dad's play in the development and nurturing of boys.
Wednesday 25 November 6.30pm - 8.30pm	<b>Mindfulness for men</b> Simple mindfulness exercises, how to manage negative thinking and uncomfortable or painful feelings.

**Address:** Play Activity Room, Leisure Building 2, Stirling Leisure Centre Scarborough  
173 Gildercliffe St, Scarborough WA 6019

Registrations essential please register at [www.cosfathering.eventbrite.com](http://www.cosfathering.eventbrite.com)

## Want more Info?

### Family Services or Children's Services

Telephone (08) 9205 8555

[familyservices@stirling.wa.gov.au](mailto:familyservices@stirling.wa.gov.au) or [children@stirling.wa.gov.au](mailto:children@stirling.wa.gov.au)

Visit [www.stirling.wa.gov.au/families](http://www.stirling.wa.gov.au/families), sign up to the Family Services e-newsletter or join us on Facebook.