


**ANGLICARESA**

# The Dad Factor

For men exploring their role as  
parent and father



**Together we change lives.**



Being a father is more than the daily tasks associated with caring for the physical needs of children. The Dad Factor helps fathers explore how to develop healthy relationships with their children, and to understand the fundamental importance of fatherhood.

Through support, education, and encouraging self-reflection and growth, the program aims to inspire fathers to value their unique role.

## About the program

The Dad Factor is a group support program that runs for six sessions. During this time, you will explore with peers in a safe space:

- the role of fathers
- communicating with children
- children and confidence
- behaviour
- stress and anger
- relationships.

## How we can help you

The Dad Factor's groups are facilitated by our experienced and skilled workers who provide support and information for you, your partner or former partner, and your children. Our staff are committed to providing a safe environment for you to be listened to, explore issues and not be judged or blamed.

## Who can access this program?

This program is free to join and available to any dad or male caregiver. Bookings are essential.

## When and where does this program run?

The program runs over six sessions, usually within school term dates. Sessions are run from:

### **AnglicareSA Christies Beach**

111 Beach Road

Every Monday from 6pm to 8pm

### **AnglicareSA Hindmarsh**

159 Port Road

Every second Tuesday, from 6pm to 8pm



## How to register?

To confirm dates or book an initial consultation, call **8186 8911** or email **fif@anglicaresa.com.au**

# **ANGLICARESA**

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**[anglicaresa.com.au](http://anglicaresa.com.au)**



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