



## **DADS/GRAND DADS & SONS DROP IN**

FREE 2 sessions program for Dads and their sons/foster sons  
(aged 10-17 years) in Cardinia Shire area.

### **PARENTS BUILDING SOLUTIONS**

- Building Healthy relationships
- Improving Confidence & Communication
- Understanding each other's feelings
- Learn how to cope with stress & anger
- Learning different parenting strategies
- Meeting others dads and sons

**DATES:** Fridays- 18 March & 8 April 2022

**TIME:** 5.30pm to 7.30pm

**COST:** FREE

**VENUE:** Pakenham Library, cnr John & Henry Streets, Pakenham

Register using the QR  
Code or contact  
Jasbir Singh  
0438 004 285



Casey  
Cardinia  
Libraries

Email: [jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au)

# **PARENTZONE**