

# Dads 4 Dads Programme



Thursday 3rd September

Garage Function Room

Henderson Family Centre

5 Woodford Ave, Henderson

7:30pm - 9pm



TOPIC - Plunket's new Dads 4 Dads programme covers every day parenting in a way that fathers can relate to and is run by fathers for fathers. This new programme means that dads can learn in an environment with other dads who are going through similar experiences.

There will also be a compact session included based on key program content which includes topics such as:

- Exploring fatherhood
- Safety
- Child development
- Sleep
- Building a relationship with your baby
- Maintaining your Health and Wellbeing



We will have one of our male facilitators run the session and will provide tea, coffee and biscuits.

For more information contact:

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