

Building Better Fathers

A life changing program, one evening per week over 8 weeks.
Gain practical tools, confidence and support to be a better father.

This is a relaxed and non-judgmental group.

Fathers can discuss issues relating to their experience of fathering.

Robina Town Centre
Monday Nights
7:00pm - 10:00pm
15th Oct - 3rd Dec

Topics covered include:

- New, powerful parenting tools
- Create a support network
- Establish and maintain healthy boundaries
- Deal with unpleasant behaviour effortlessly
- Encourage good behaviour in our kids
- Share and learn from other Dads
- How to apply the oxygen mask rule
- Ways to offer emotions with our kids
- Practice new approaches in a 'Flight Simulator'
- Juggling fatherhood: nuclear, separated or blended
- Evidenced-based program

We ask for a contribution
of only **\$80**

Trinity Family Support Network
fund \$420

Some scholarships available
money back guarantee

What previous attendees have to say:

*"I feel really connected with other Dads,
what an amazing community"*

*"During the course, I became more
present with my kids and whole family"*

*"I got some great tools to help
with being a better Father"*

Limited places, register your interest Now

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www.completemen.org/bbf