



The Dads' Group Kitchen

tools, ideas, and recipes

A group for dads to:

- Talk about children, parenting, and relationships
- Have a yarn with other dads
- Learn to cook quick and healthy meals

This free 4-week group workshop may include topics on:

- positive ways of communicating and relating with our children
- how we care for ourselves
- empathy, self-awareness, emotional intelligence



Where: The Family Centre, 2 High Street, Waratah

When: **September 11th, 18th, 25th 2017**

Time: **Mondays, 5:00 – 8:00pm**

Please contact **4926 3577** to register or for more information. Supper and FREE children's group available.



Family Support Newcastle
your family, our community

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