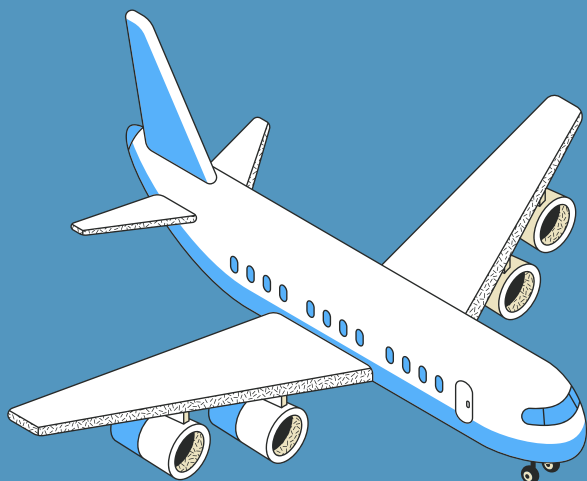


Dads FIFO Journey: Raising Confident Kids



CENTRE CARE
"People Making Time for People"



For dad's with children under
12 years of age
wanting to stay
involved and connected
while balancing work
and home life.

FREE

- Eight (8) modules covered over eight weeks (online/ complete in your own time)
- 17 effective strategies
- Promote new skills and help emotional self-regulation
- Managing stress and self-care
- Building strong relationships
- Practical tips and activities
- Videos and fun interactive learning
- Certificate of completion



1. Once your expression of interest has been received, you will be directed to register with Triple P.
2. After the completion of each module, Centrecare will host group, online weekly check ins via Microsoft teams or zoom.
3. Start dates and times will be advised.

For more information contact:

Midland Centrecare ph.9436 0600
midlandreception@centrecare.com.au

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