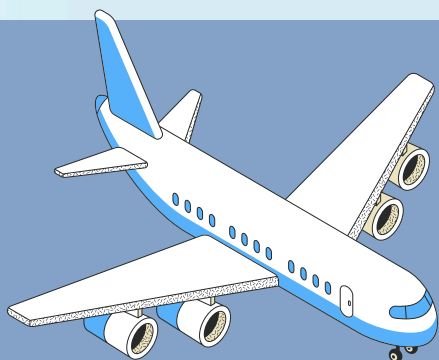


# Dad's FIFO Journey: Raising Confident Kids



**FREE**



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

- 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

## Details

When: Commences 4 August 2025

Time: 10 - 11am



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.*

**Hosted By Centrecare**

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**For more information contact:**



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