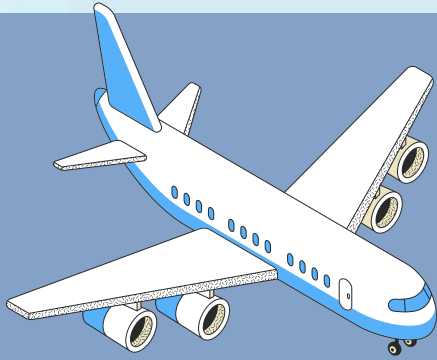


# Dads FIFO Journey: Raising Confident Kids



**FREE**

For dad's 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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[www.centrecare.com.au](http://www.centrecare.com.au)

