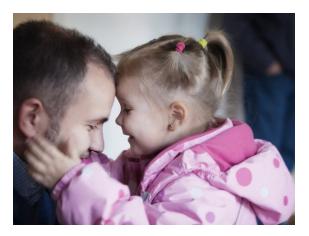
### **Caring Dads**

Eligibility is determined during a required screening interview.

Referrals are accepted from individuals and other organizations with the father's written consent.

> THERE IS <u>NO FEE</u> FOR THIS SERVICE



# For more information Contact:

Bobby Keefe, Family and Children's Services 613-735-6866 ext. 2085

OR

Bernadette McCann House

613-732-7776



Bernadette McCann House

Fathers <u>can</u> and <u>want</u> to be a **positive influence** in the lives of their children.



The Caring Dads group runs once a week for 17 weeks, offering a unique opportunity for men to connect as Fathers.

#### Do you...

...sometimes wonder how **well you know** your child?

...want a **closer relationship** with your child?

...sometimes **feel so angry** towards your child that you do something you **later regret**?

...have concerns about the **level of discipline** you use with your child?

...want to **understand** your child better?



### What is Caring Dads?

- A combination of group discussions, exercises & homework
- 17 week program

Through the group sessions, Fathers will gain a better understanding of the following:

- Skills to cope in healthy ways with frustrating situations
- Different Fathering strategies & choices which affect children
- Increased awareness of controlling, abusive & neglectful attitudes & behaviours
- Strategies to strengthen the Father-child relationship

## Facts about Fathering:

Positively involved fathers enhance their children's academic, personal & social development.



Unfortunately, fathers can also have a negative impact on their children.

This occurs when fathers:

- Do not understand the feelings
  & needs of their children
- Harshly discipline their children
- Argue frequently with their children's mother
- Use abusive & controlling behaviours