

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 NO FEE
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



**Fathers can and want
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