

CARING DADS: CORNWALL & AREA

***HELPING FATHERS REBUILD HEALTHY
RELATIONSHIPS WITH THEIR CHILDREN***

WHEN?

Tuesday Evenings

Beginning: September 12th

5:30pm-7:30pm



WHAT IS 'CARING DADS':

Caring Dads is a program that helps fathers contribute to the safety and well-being of their children. Throughout a 17-week long period you will be encouraged to share your parenting experiences, learn ways to use "child-centered" fathering, and understand how certain behaviours can affect your children in the long run.

Class sizes are small (5-10 fathers) and cover a range of topics, from stages of child development, to building trust, and working with your child(ren)'s mother. You will learn how to cope with frustrations and change your thought pattern to better understand your children's needs. We will support you through your own stages of change and help you work through past triggers that have prevented you from being a great dad. **PARTNERED WITH:**



The Children's Aid Society
La Société de l'aide à l'enfance
of the United Counties of / des comtés unis de
Stormont, Dundas & Glengarry



Laurencrest Youth Services



Stormont • Dundas
Glengarry • Akwesasne



COUNSELLING AND SUPPORT SERVICES of S.D. & G.
SERVICES DE COUNSELLING ET DE SOUTIEN de S.D. & G.



Cornwall Community Hospital
Hôpital communautaire de Cornwall

Social Development Council
of Cornwall & area
"building stronger communities"



Conseil de développement social
de Cornwall et de la région
"renforcer les communautés"



**Do you sometimes
lose your temper at
your children or
their mother?**

**Do you want to build
a better relation-
ship with your chil-
dren?**

**Do you want to be a
great dad, but aren't
sure how?**

WHERE?

26 Montreal Rd.,

COST?

ABSOLUTELY FREE!

**For more information,
contact Sylvie at**

caringdads@sdccornwall.ca

or (613) 930-0211

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