

Introduction Coffee

Morning

17/09/2019

Programme Starts 24/09/2019

for 10 weeks

10am-12pm

Contact: 07738 860 768 or 0207 525 5536

ben.campbell@southwark.gov.uk

Refreshments provided

with

**Creche available 0-5years,
spaces limited - Please Call**

07484540332 to enquire.

Southwark Father's Group

**Delivered by Ben Campbell
Southwark Family Early Help Service**



Topics we will cover:

"The group helped me to understand how to maintain composure during times of stress and conflict"

- positive parenting
- improving relationships with your children
- impact of conflict on children
- Parenting strategies
- being a great dad
- Boundary setting and importance
- problem solving
- managing difficult behaviours
- Fathers and the law
- Role modeling

"I valued this group because everyone listened to me and did not judge and offered good advice"

The father's group is a 10 week programme that allows fathers, grandfathers, stepdads and men that have caring / parental responsibilities for children; to build on their skills as parents/carer.

This group provides a forum for learning and discussion on topics that impact on the role of a father / carer in and outside of the home.

The aim of this group is to help us be the best we can be.