

## Southwark Father's Group

The father's group is a 5 week programme that allows fathers, grandfathers, stepdads and men that have caring/parental responsibilities for children aged between 3 and 18 to build on their skills as parents/carer.

The 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 the group is to help us fathers be the best dads we can be.

### Comments from fathers that have attended group

I valued the group because everyone listened to me and didn't judge me and offered good advice. Nodin

The group helped me to understand how to maintain composure in times of stress and conflict.  
Rashid

The group helped me to speak my mind, show my emotions and look for solutions from others and within myself. Andrew

The group helped me understand the need to talk things through and find answers to problems. Gary

## Southwark Father's Group

### WHERE ?

Venue: The Thomas Carlton Centre  
Alpha Street, Peckham  
SE15 4NX

### WHEN ?

Every Monday from 23rd September 2019–  
Monday 28th October 2019

**10am –12.30pm**

### HOW LONG

2.5 hr sessions  
for  
5 weeks

### ANYTHING ELSE ?

Soft drinks and refreshments are provided  
(FREE)

### **How to join the group**

**Contact :** Ben Campbell—07738 860 768 or  
0207 525 5536

[ben.campbell@southwark.gov.uk](mailto:ben.campbell@southwark.gov.uk)



## Southwark Father's Group

**5 week programme**

**2.5 hr weekly session**

**Every Monday 10am -12.30pm**

**From Monday 23rd September 2019 –  
Monday 28th October 2019**



### **Venue:**

Venue: The Thomas Carlton Centre  
Alpha Street, London, SE15 4NX

**The group is run by the Family  
Early Service (Southwark)**

## **Who is this father's group for?**

This group is for fathers , grandfathers, stepdads and men that have caring/parental responsibilities for children.

## **What happens at the end of the 5 weeks?**

A graduation and celebration event will be held and a certificate will be gained.

You will also be even more confident in your role as a father and will be able to access further support if needed.



## **Topics covered in the group**

- ◆ Positive parenting
- ◆ Improving relationships with your children
- ◆ Becoming Job Ready
- ◆ Boundary setting and its importance
- ◆ Problem Solving and Assertiveness
- ◆ Managing difficult behaviours
- ◆ Time Management
- ◆ Role modelling
- ◆ Parenting strategies



## **Purpose of the father's group**

- Feel more confident in their role
- To meet other fathers in Southwark
- To develop skills to support and add assertiveness, time management and learn life changing skills
- To ask questions about parenting and being the best dads we can be

