

Caring Dads

In Niagara Region the Ministry of Children and Youth Services funds this program.



Eligibility is determined during a required screening interview.

We accept referrals from individuals and from other organizations.

There is no fee for this program.

For more information about the

Caring Dads

program contact:



Family Counselling Centre

82 Hannover Drive
Box 24028
St. Catharines, ON L2R 7P7

PHONE NUMBER

905-937-7731

extension 3345

TOLL-FREE

1-888-937 7731

FAX NUMBER

905-641-9892

www.familycounsellingcentre.org

Caring Dads

Helping fathers value their children



A program to help fathers improve their relationships with their children and end controlling, abusive, and neglectful behaviour

IN NIAGARA OFFERED BY



Do you sometimes feel so angry at your child that you feel like blowing up?

Are you concerned that your relationship with your child is not as close as you hoped it would be?

Do you sometimes wonder how well you know your child?

Sometimes are you concerned about the level of discipline that you seem to need to keep your child in line?

What is **Caring Dads?**

Through 17 sessions fathers will...

- Develop skills to cope in healthy ways with frustrating situations
- Understand how different fathering strategies and choices affect children
- Increase their awareness of controlling, abusive, and neglectful attitudes and behaviours
- Be provided with strategies to strengthen the father-child relationship

The **Caring Dads** group program runs once a week for 17 weeks.

This group offers...

- A unique opportunity for men to connect as fathers
- A combination of active group discussions, exercises, and homework

Facts about fathering

Fathers can and want to be a positive influence in the lives of their children.

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

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

This occurs when **fathers**...

- Do not understand the feelings and needs of their children
- Harshly discipline their children
- Argue frequently with their children's mothers
- Use abusive and controlling behaviour