

# TALKING DADS



**Wednesdays 7.45 - 9.15pm** Online Course: ID 761  
**4th, 11th, 18th, 25th June, 2nd & 9th July 2025**

**6, weekly sessions for dads & male carers of all ages, sharing information on:**

- **Increasing confidence in your parenting.**
- **Developing a healthy dad/child relationship now and for the future.**
- **Improved listening and communication skills.**
- **Effective strategies for dealing with anger and conflict.**
- **How to enforce boundaries.**
- **Being the dad you want to be.**

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

“The course has given me the confidence to know that I can break out of the cycle and make things different for my child.”

**Booking essential**

**Please quote the course ID**  
**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**