

TALKING DADS



Wednesdays 7.45 - 9.15pm Online Course ID: 809
07-Jan, 14-Jan, 21-Jan, 28-Jan, 04-Feb, 11-Feb 2026

Mondays 7.45 - 9.15pm Online Course ID: 807
02-Feb, 09-Feb, 23-Feb, 02-Mar, 09-Mar, 16-Mar 2026

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.**

Our online sessions are delivered weekly via Zoom.

Groups are open to dads and male carers living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

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

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk