

# TALKING DADS



**Wednesdays 7.45 - 9.15pm Course ID: 867**  
**16-Sep, 23-Sep, 30-Sep, 07-Oct, 14-Oct, 21-Oct 2026**

**Tuesdays 7.45 - 9.15pm Course ID: 868**  
**03-Nov, 10-Nov, 17-Nov, 24-Nov, 01-Dec, 08-Dec 2026**

**Courses delivered online via Zoom**

**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.**

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

"I took the course on a whim & found it an insightful experience. It's interactive, you learn through listening & it's tailored to your individual situation."

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

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

Funded by  
Hertfordshire  
County Council

