

# Dad's Business HQ



**Mondays**  
9am - 3pm  
**Dads all Day**

Come and learn and talk about a range of fatherhood & men's topics.

**Drop in anytime**

**Tuesdays**  
9.30am - 11.30am  
**Seahorse Program**

6 week Prenatal & Postnatal skills for young dads with children aged from 0-9 months.

**Tuesdays**  
12.30pm - 2.30pm  
**Dads Plus**

6 week parent skills for dads with children aged 0-12 years.

**Wednesdays**  
9am - 4.30pm  
**Wellbeing Wednesday**

For dads to connect with other dads.

Groups at 10am and 3pm.

**Drop in anytime**

**Every 2nd Thursday**  
9am - 1pm  
**Talk Time Thursday**

Come in for a coffee and a talk.

**Drop in anytime**

Shop 7A  
Elizabeth Rise Shopping Centre  
26 Hamblynn Rd  
Elizabeth Downs

For more information, contact Darren at Centacare on 8252 2311.

Communities for Children is funded by the Australian Government Department of Social Services.

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