

Dad's Business delivers a range of inclusive activities for fathers in the Playford area. The program provides relaxed and non-judgmental group environments where dads can be themselves and share their experience of parenting.

The focus is on engaging dads in the lives and wellbeing of their children, and building parenting skills, confidence, cultural belonging, and a positive sense of self.

Program aim

There is no one right way to be a father. Dad's Business will support you to find your way.

Dad's Business gives you the tools to:

- Recognise the value of fathers in family and children's lives
- Enhance wellbeing in fatherhood
- Connect with your children, be an involved parent, and have a positive influence on child development
- Strengthen the parent/child relationship
- Build a strong parenting team
- Develop positive family relationships to support children to reach their full potential
- Connect to community services and supports as required.

Target group

Dad's Business works with fathers of children aged from 0 to 12 years, who live in the Playford region. Support is inclusive of all people who identify as a father including expectant and new fathers, stepfathers, and fathers whose children don't live with them.

Working with other services

Dad's Business activities provide the opportunity to link fathers and their family to their community and promote social connectedness. We will support you to connect with other services based on your individual needs.

Referrals

Fathers can be referred to Dad's Business by services, or they can self-refer by calling and speaking to the Dads and Fatherhood Worker. All fathers start out with an appointment to discuss their expectations, hopes and worries, and to find a support that is right for them.



Dad's Business

Supporting Dads - Building Futures

What we do

Our courses run during the school term and offer a range of supports and parent education including:

Dads Time – One on One Support from the Dad's and Fatherhood worker for a range of fatherhood and men's topics. Need support and not sure where to turn, book an appointment now! (Bookings essential).

Circle of Security Parenting – provides tools to help you understand your child's behaviour and enjoy a more fulfilling relationship with your child.

Seahorse – provides expecting or new dads/fathers with skills to navigate the early stages of family life (best suited to those expecting or with children aged 0-12months).

Bringing up great kids – promotes respectful and caring relationships between fathers and their children. Learn parenting techniques which ensure your child/ren grow up happy and healthy.

Dads Plus – provides all dads/fathers with children aged 0-12 years with the skills for the optimal growth for children and the entire family unit.

Dads and Fathers' Social Group – A weekly drop-in group held during school terms for dads to meet other dads in a relaxed non-judgmental environment. Discuss anything relating to family or personal wellbeing.

SCAN THE QR CODE FOR COURSES DETAILS



Due to the nature of our services, we are unable to accommodate children at the DBHQ site.

Shop 7A Elizabeth Rise Shopping Centre | 26 Hamblynn Road, Elizabeth Downs SA 5113
08 8228 8958 | www.centacare.org.au

ANGLICARE SA

playford
communities for
children

Funded by the Australian Government Department of Social Services
Visit www.dss.gov.au for more information

Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.

Statement regarding the traditional owners of the land



For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Centacare welcomes people who are intersex, gender diverse and of all sexualities.



Centacare is nationally accredited against the Quality Improvement Council (QIC), Australian Health and Community Services Standards.



Dad's Business

Supporting Dads - Building Futures

Dad's Business provides relaxed and non-judgmental group environments where dads can be themselves and share their experience of parenting.

This is our schedule for the school term.

MONDAYS

1:00pm – 2:30pm

Circle of Security Program

Do you want to have more understanding about your child's behaviour?
Come along to this FREE 8-week course.

TUESDAYS

9:00am – 10:00am

Sing&Grow for Dads

8-week music therapy sessions for children aged 0-5 and their dads.

**Sing&Grow is part of the Play Matters Australia Family.*

11:00am – 12:00pm

Seahorse Program

4-week prenatal and postnatal skills for dads with children from 0-12 months.

1:00pm – 2:30pm

Bringing up great kids

6-week parenting program designed to support and strengthen your parenting skills.

WEDNESDAYS

1:00pm – 3:00pm

Dads and Fathers' social group

Drop in during school term and catch up with other dads to chat about life.

6:00pm – 7:30pm

Circle of Security Program

Do you want to have more understanding about your child's behaviour?
Come along to this FREE 6-week course.

All programs are delivered in Elizabeth Downs. Scan the QR code below for the exact location.

For more information, please contact Alex on 08 8228 8958.

Bookings are essential for all courses.

Please note that childcare facilities are not available. Children cannot be present, except for *Sing&Grow*.

V2.9 April 2024



Circle of Security Parenting

A course for dads and parents



Dad's Business

Supporting Dads - Building Futures

Are you a father wanting to understand your child's behaviour?

Come along and attend this free 8-week course to learn how to:

- Help your child organise their feelings
- Enjoy a more fulfilling relationship with your child
- Help your child to feel secure, now and into the future

When: Week 1 commences on **Monday 6 May 2024**
1pm to 2.30pm
8 sessions in total

Where: **Dad's Business HQ**
Elizabeth Rise Shopping Centre
26 Hamblynn Rd, Elizabeth Downs

Bookings: Please contact Centacare on 8228 8958
or email avlahos@centacare.org.au

Please note that childcare facilities are not available, and children cannot be present at this course.



Join us for Sing&Grow!



Dad's Business

Supporting Dads - Building Futures

Sing&Grow provides music therapy services in the community for families with children aged 0-5. Groups usually meet for 1 hour, once a week for 8 weeks.

During sessions, a music therapist will lead you in singing, dancing and playing instruments with your child. We use familiar and original songs to help you and your child have fun playing together and learn new ways to support child development.

When: Week 1 commences on **Tuesday 7 May 2024**
9am to 10am
8 sessions in total

Where: **Elizabeth Grove Children's Centre**
20 Haynes Street, Elizabeth Grove

Bookings: Please contact Centacare on 8228 8958
or email avlahos@centacare.org.au

Sing&Grow is part of the Play Matters Australia Family.



Funded by the Australian Government Department of Social Services
Visit www.dss.gov.au for more information



Scan here for
more information

Seahorse Program



Dad's Business

Supporting Dads - Building Futures

A program for new and expecting dads.

Are you a new father? or are you about to have your first child?

Come along and attend this free 4-week course and learn how to:

- Understand your child's brain development and key milestones in their first year.
- Understand attachment and how to strengthen your bond with your child.
- Develop healthy and successful self-care strategies to prevent parent burnout.

When: Commences on Tuesday 21 May 2024
11am to 12pm and continues for 4 weeks.

Where: Dad's Business HQ
Elizabeth Rise Shopping Centre
26 Hamblynn Rd, Elizabeth Downs

Bookings: Please contact Centacare on 8228 8958
or email avlahos@centacare.org.au

Please note that childcare facilities are not available, and children cannot be present at this course.



Bringing up great kids



Dad's Business

Supporting Dads - Building Futures

This is a six-week course is for fathers who want to understand their child's behaviour and through self-reflection, gain helpful insights into their own parenting.

- Reflect on the origins of your parenting style and how it can be more effective.
- Learn about your children's developing brain and understand how to meet their growing needs.
- Examine the messages you pass on to your children through your behaviour and reactions.
- Understand the underlying messages in children's behaviour and how to respond helpfully.
- Overcome some of the obstacles getting in the way of being the kind of parent you would like to be.

When: Week 1 commences on **Tuesday 14 May 2024**
1pm to 2.30pm
6 sessions in total

Where: **Dad's Business HQ**
Elizabeth Rise Shopping Centre
26 Hamblynn Rd, Elizabeth Downs

Bookings: Please contact Centacare on 8228 8958
or email avlahos@centacare.org.au

Please note that childcare facilities are not available, and children cannot be present at this course.





Dads and Fathers' Social Club

A weekly catch up between dads

Are you a father wanting to catch up with other dads to chat about life? **Come along to Dad's Business!**

We offer a supportive and judgement-free space to connect and socialise with other dads who may have similar experiences.

Wednesdays
1pm to 3pm
from May 1, 2024

Elizabeth Rise Community Centre
26 Hamblynn Road
Elizabeth Downs

Contact us:
08 8228 8958



Dad's Business

Supporting Dads - Building Futures



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Catholic Family Services

ANGLICARESA

playford
communities for
children

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Circle of Security Parenting

A course for dads and parents



Dad's Business

Supporting Dads - Building Futures

Are you a father wanting to understand your child's behaviour?

Come along and attend this free 6-week course to learn how to:

- Help your child organise their feelings
- Enjoy a more fulfilling relationship with your child
- Help your child to feel secure, now and into the future

When: Week 1 commences on **Wednesday 15 May 2024**
6pm to 7.30pm
6 sessions in total

Where: **Elizabeth Grove Children's Centre**
20 Haynes St, Elizabeth Grove SA 5112

Bookings: Please contact Centacare on 8228 8958
or email avlahos@centacare.org.au

Please note that childcare facilities are not available, and children cannot be present at this course.

