

## Are You Okay?

At Caring Dads, we understand that being a Dad is an important role. We can give you skills to overcome challenges you might face and help you to be the best Dad you can be.

We accept referrals from all agencies and self referrals.

To refer or if you have an enquiry please email us

[caringdads@hamptontrust.org.uk](mailto:caringdads@hamptontrust.org.uk)



### Head Office

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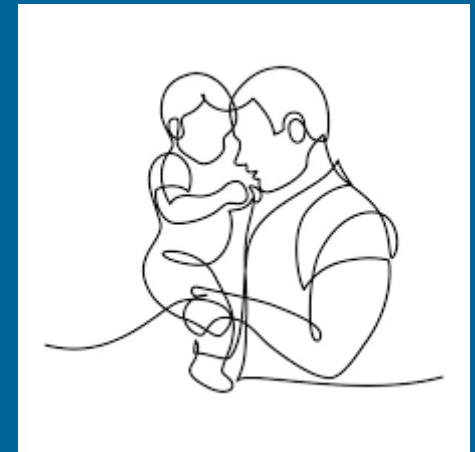
Tel: 023 8000 1061 (Office)

Tel: 023 8000 9898 (Programmes)



## Caring Dads

Supporting Fathers to rebuild healthy relationships with their children



Tel: 02380 009898  
[Caringdads@hamptontrust.org.uk](mailto:Caringdads@hamptontrust.org.uk)

## What is Caring Dads?

Our 17-week group offers an opportunity for men to connect as fathers. The group includes a combination of group discussions with 1:1 support if needed.



We explore different elements of parenting.

- Developing healthy coping strategies
- Exploring how different parenting strategies and choices affect children
- Increasing your awareness of what unhealthy behaviour looks like and how this can impact children.
- Providing you with approaches and tools to strengthen your relationship with your child.

Do you find yourself getting easily angered with your children?

Are you concerned you do not have a good relationship with your children?

Do you want to help your children to thrive and promote a healthy relationship for them but lack the tools?

Is there unhealthy behaviour you use when you feel stressed?

Do you feel disconnected from your child?

## What other Fathers say about Caring Dads.

*"Thank you for helping me and believing in me"*

*"I like it, I like knowing I can speak about the stuff around my kids and not feel awkward around people"*

*"I feel really grateful that you have all listened and supported me, I have learnt a lot"*

*"You are the only professional I feel like listens to me, supports me and praises me. I didn't have that as a kid"*

*"I feel now that I know what my kids went through and I can be better for them now"*

*"It's been great to be in a room with other dads that will listen and help each other"*