

Working Out Dads

For Dads Living & Working Around Wyndham

Working Out Dads combines 1 hour and 30 minutes of facilitated group discussion and a 30 minute guided gym workout.

Where: Eagle Stadium
35 Ballan Road
Werribee 3030

When: 6 Thursday nights
May 2nd, 9th, 16th, 23rd,
30th and June 6th
Date of 7th and final
session to be advised

Time: 7.00pm—9:00pm

Cost: Free

Food: Light refreshments (free)



Are you a dad with a child under 4 years of age living with you? Are you interested in meeting other dads and spending time talking about the things that matter to you? Would you like to learn more about your health and wellbeing? Could you do with a weekly workout?

Run by a male facilitator, The Working Out Dads Group will work on :

- Developing parenting skills and confidence and building positive relationships with your child
- Juggling the needs of your family, work and your own needs
- The changing dynamics of relationships and how to maintain positive adult relationships
- Managing stress and pressure and practical ways to cope when things get tough
- Focussing on the future for you, your child and your family

If you would like to attend or for more information please phone Tweddle on (03) 9689 1577 or visit www.tweddle.org.au

This program is being run with support from a Wyndham City Council Community Health Grant.

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