



To join the programme, participants must...



- Have a child aged 0-16 years
- Commit to attend 17 weekly sessions
- Agree to participate in the initial planning meeting
- Have regular contact with your child
- Be willing to explore your role as a father
- Be referred by a professional (e.g. allocated social worker or organisation) and have an identified worker who will be supporting you for duration of programme

Contact with mother

Child/ren's mothers will be contacted to advise them of the aim and content of the programme to support healthy future co-parenting.

Father's/male carer's confidentiality will be respected.

The Facilitators

Each of the facilitators have extensive experience of working with children, fathers and their families and are accredited Caring Dads facilitators

The Caring Dads Programme starts

Tuesday, 10th October 2023,

for the duration of 17 weeks ending 13th February 2024.

Time: 6 – 8pm

Venue: St Pancras & Somers Town Living Centre, 2 Ossulston St, NW1 1DF

Dinner will be provided each week!

Contact details

Gosia Kidawska: 0207 974 4949

David Sillah: 0207 974 8577

Early Help

Families in Focus



Supporting fathers and male carers to build stronger relationships with their children & other parent



What is Caring Dads?

Caring Dads aims to help men whose relationship with their children or children's mothers is problematic. This may include over-controlling, emotionally harmful behaviours, fathers who have been absent or those who have hostile, highly conflictual or harmful relationships with the children's mothers.

The programme offers...

- A unique opportunity for men to connect as fathers.
- An opportunity to increase men's awareness of child-centred fathering.
- A chance to learn how to strengthen the father - child relationship.
- An opportunity to increase men's awareness of responsibility for harmful and neglectful fathering behaviours and its impact on children.
- A chance to develop skills to manage frustrating situations in healthy ways.
- An opportunity for men to improve relationships with the mothers of their children.
- The chance to begin to rebuild trust with children and plan for the future.



A few questions?

- Would you like a closer relationship with your child?
- Do you sometimes question how well you know your child?
- Do you sometimes feel so angry with your child you feel like blowing up?
- Are you concerned about the way you discipline your child?
- Do you have a difficult relationship with the mother of your child? Do you want it to be different?

If you answered "Yes" to 2 or more of these questions, then Caring Dads may be a useful programme for you.

Please speak to the person who is working with your family about getting a place on the programme.



What other Fathers have said...

"By completing the programme you will have learned skills that you never knew you had in you to become a better parent"

D., March 2023

"I didn't expect this feeling like a support group. I will miss that"

G., July 2023

"I appreciated your laughter and positivity over past 17 weeks, the energy you give out has made an impact and I'll carry a lot of your words for years to come."

B., July 2023