

REGISTRATION FORM

DADS RELATING

Name:

Address:

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Home:

Work:

Mobile:

Email:

Payment included (make cheque payable to Relationship Services Inc.)

No payment included (enrolment only)

Return completed form to:
Dads Relating
Relationship Services
PO Box 1018
Christchurch

Communicating feelings

Living with change

Managing stress

Making decisions

Resolving conflict

Coping with loss

Building self esteem

Overcoming violence

To find out more about how Relationship services can help you, contact:

Christchurch
366 8804 or 366 8805
christchurch@relate.org.nz

Or call us on **0800 RELATE** 0800 735 283
Or visit us at www.relate.org.nz

DADS

RELATING



A six-session programme designed to support men as parents

Relationship Services
Whakawhanaungatanga

helping you find your own answers



GIVE YOURSELF THE CHANCE TO:

- ↳ Imagine what sort of dad you would like to be.
- ↳ Explore what you liked and didn't like about being parented.
- ↳ Identify and change unwanted patterns of parenting.
- ↳ Celebrate what you already know about parenting.
- ↳ Explore issues around co-parenting your children.
- ↳ Feel good about yourself as a Dad.

THIS PROGRAMME AIMS TO:

- ↳ Create a safe place for you to explore issues about parenting.
- ↳ Give you the chance to meet and work with others who have similar dreams and goals.
- ↳ Support you with your relationships with your kids.
- ↳ Help you enjoy learning from your own and other men's experiences.
- ↳ Help you value the role of parenting and your achievements as a Dad.
- ↳ Help you discover how you can meet your children's inner needs.

BASED ON THE VIRTUES OF:

- * *Respect*
- * *Commitment*
- * *Compassion*
- * *Responsibility*

"Your children are not your children. They are the sons and daughters of life's longing for itself. They come through you but not from you. And though they are with you yet they belong not to you... You are the bows from which your children as living arrows are sent forth."

Kahlil Gibran

Cost: \$120 for six sessions.

Next group beginning:
TBA