



FATHERS TO FATHERS



**Support programme for fathers
living in Bromley**

Supporting fathers to improve their relationships with their children.

Are you concerned that your relationship with your children is not as close as you hoped it would be?

Do you sometimes wonder how well you know your child?

Are you concerned about the level of discipline you need with your child?

Do you sometimes feel so angry with your child you feel like blowing up?

Are you worried that your relationship with your wife or partner is negatively affecting your child?

IF YOU ARE INTERESTED IN THIS PROGRAMME – PLEASE SPEAK TO YOUR ADVISOR WHO CAN MAKE A REFERRAL.

FATHERS TO FATHERS IS A SUPPORT PROGRAMME THAT AIMS:

- ✓ TO HELP FATHERS IMPROVE THEIR RELATIONSHIPS WITH THEIR CHILDREN
- ✓ TO PROMOTE CHILD-CENTRED FATHERING BEHAVIOUR
- ✓ TO END ABUSIVE CONTROLLING AND NEGLECTFUL BEHAVIOUR

FATHERS TO FATHERS INCLUDES TWO KEY ELEMENTS

One to one mentoring support



You will be allocated a parent mentor – our parent mentors are all experienced fathers themselves, who have undertaken mentoring training.

The parent mentors will meet with you weekly to support you throughout the programme.

The parent mentor will work with you to agree an action plan and to support you to work the goals on your action plan.

Parent mentors are non-judgmental in their approach and are working to support you to improve the relationships with your family.

Caring Dads Parenting Programme

In the Caring Dads Group you will –

- Learn how different ways of fathering affect children
- Learn about strengthening the father-child relationship
- Learn about controlling, abusive and neglectful attitudes and behaviours
- Develop skills to cope in a healthy way with frustrating situations.

Caring Dads provides opportunities for fathers to make positive changes in their parenting. (It is not an anger management or domestic abuse perpetrator programme, but will cover some similar topics)

What does Caring Dads include?

- 17 week programme, with weekly 2

hour group sessions for up to 10 men

- A Workbook for men to work through at home during the Programme

- On-going support for women and children throughout the programme.