

Working Out Dads

For Dads Living & Working around Brimbank

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

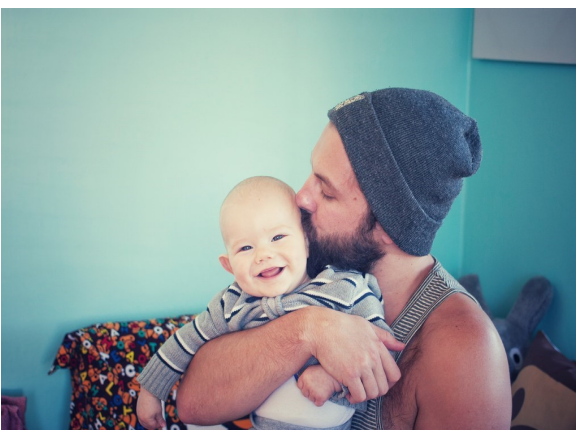
***Where: Sunshine Leisure Centre
5 Kennedy Street
Sunshine VIC 3020***

***When: Six Thursday nights
June 7th, 14th, 21st, 28th
July 5th, 12th
7.00pm-8.30pm***

Cost: Free

Food: Light refreshments (free)

Participants will receive a welcome pack and a certificate of completion upon graduating from the 6 week program. Dads who participate in the research surveys will receive a \$25 gift card at the completion of each of the 3 surveys.



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

Working Out Dads is being run as a collaboration between Tweddle and the Murdoch Children's Research Institute. Dads taking part in the program will be asked to complete 3 surveys, 1 before they begin the program, 1 after they complete the program and the final survey 3 months later.

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

* Working Out Dads is being delivered with thanks to Key Partners, **The Centre for Excellence in Child and Family Welfare** and **The Bennelong Foundation**. Community sponsors include the CWA of Footscray, The Bendigo Bank (Seddon), Hede Architects, Alan Mance Motors and Mr Craig Rowley. See overleaf for partnership information.

www.tweddle.org.au
(03) 9689 1577



Working Out Dads

Key Partners and Community Sponsors

Conclusive, compelling research confirms dads play a significant role in the social, cognitive, emotional and physical wellbeing of their children from infancy with lasting influences into their adult life. Programs for dads that strengthen relationships, parenting, health, fitness and wellbeing are vital for families, workplaces and the community.

We thank the following organisations for supporting the delivery of this Working Out Dads Program:

Key Partners

- The Centre For Excellence in Child and Family Welfare
- The Bennelong Foundation



Community Sponsors

- Alan Mance Motors
- Hede Architects
- CWA Footscray
- The Bendigo Bank (Seddon)
- Mr Craig Rowley



Call The Communications Manager at Tweddle on (03) 9689 1577 if you or your organisation would like to support the Working Out Dads program in your community.

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