

## MEN'S INFORMATION & SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
<b>Tuggeranong Men's Shed</b> A relaxed and creative space for all men to enjoy. Learn and share skills in light woodwork, maintenance, computers, photography and more.	Tuggeranong Sea Scouts Hall, Mortimer Lewis Dr, Greenway	Gold Coin donation  Communities@Work Ph:6126 9000
<b>Gungahlin Men's Shed</b> A social woodworking group for men.	Birragai Scout Hall Valley Way, Gungahlin  Fridays 10am – 12noon	Gungahlin Regional Community Service  Alison Ph: 6123 4422
<b>Anger Management for Men</b> This program is designed for men who wish to explore new and positive strategies for dealing with anger in their lives and relationships. The program brings participants together to discuss issues of mutual concern, specifically anger, hostility and aggression, and assist participants in gaining an understanding of the ideas that restrict the possibility for change.	Relationships Australia, 15 Napier Close, Deakin  Dates and times TBA  Bookings essential	Cost TBA  Relationships Australia  Ph: 6122 7100 <a href="mailto:enquiries@car.relationships.com.au">enquiries@car.relationships.com.au</a>
<b>Introduction to Anger Management</b> A four session group to help dads understand and work with their anger and emotion non-aggressively.	Marymead Child and Family Centre 255 Goyder St, Narrabundah 19 Jul – 9 Aug Tuesdays 6 – 9pm  Dinner provided Bookings essential	\$40 \$20 concession  Marymead Child and Family Centre  Terry Norman Ph: 6162 5851
<b>Stress and Anger Management for Dads</b> Organised in conjunction with Communities@Work. Meet other dads facing similar dilemmas and together discover strategies for reducing stress.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  14 Sep – 5 Oct Wednesdays 6 – 9pm	\$40 for full four week program Light meal provided Communities@work Chris Cook Ph:62 936 549 Terry Norman Ph:61625851
<b>Being a Dad</b> A five session group which addresses the important question of what it means to be a dad.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  14 Jul – 11 Aug Thursdays 6 – 9pm  Dinner provided Bookings essential	\$50 \$25 concession  Marymead Child and Family Centre  Terry Norman Ph: 6162 5851

Course Name/Description	Venue/Date/Time	Cost/Contact
<b>Being a Separated Dad</b> This four - session group is for dads who have separated from the mother of their children.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  17 Aug – 7 Sep Wednesdays 6 – 9pm  Dinner provided Bookings essential	\$40 \$20 concession  Marymead Child and Family Centre  Terry Norman Ph: 6162 5851
<b>Parenting for Positive Behaviours For Dads</b> Having difficulty with your parenting role? Meet other dads who understand your situation and together discover skills to encourage positive behaviours in your children.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  20 Oct – 10 Nov Thursdays 6 – 9pm  Dinner included Bookings essential	\$40 \$20 concession  Marymead Child and Family Centre  Terry Norman Ph: 6162 5851
<b>Accepting and Valuing Strong Emotions</b> A group to help dads acknowledge and explore their primary emotions.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  16 Aug – 6 Sep Tuesdays 6 – 9pm  Dinner provided Bookings essential	\$40 \$20 concession  Marymead Child and Family Centre  Terry Norman Ph: 6162 5851
<b>Strong Emotions and Family Relationships</b> A four -session group for dads wanting to use their strong emotions to build resilient and healthy relationships with children, partners and ex-partners.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  15 Sep – 6 Oct Thursdays 6 – 9pm  Dinner provided Bookings essential	\$40 \$20 concession  Marymead Child and Family Centre  Terry Norman Ph: 6162 5851
<b>Managing Anger and Other Emotions</b> A four session group to help dads understand, accept and work with their anger emotion non-aggressively.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  17 Nov – 8 Dec Thursdays 6 – 9pm  Dinner provided Bookings essential	\$40 \$20 concession  Marymead Child and Family Centre  Terry Norman Ph: 6162 5851
<b>Parenting Skills for Dads</b> In conjunction with Gungahlin Child and Family Centre.	Gungahlin Child and Family Centre  19 Oct – 9 Nov Wednesdays	\$40 \$20 concession  Marymead Child and Family Centre  Terry Norman Ph: 6162 5851

Course Name/Description	Venue/Date/Time	Cost/Contact
<b>Richardson Men's Drop-In</b> For anyone who wants to come along for a cuppa, a chat and activities. There is computer access and support for those who would like to learn.	Richardson Community House Monday and Wednesday 2 - 4pm	Tuggeranong Link Ph: 6292 1604