

# JUST FOR DADS



Fathers and father figures play an essential role in the lives of infants and children. They are no longer solely the bread winner and disciplinarian. Social norms have now progressed towards sharing responsibility and increased involvement in the care giving role.

The younger generation of Dads are approaching parenting differently to their Fathers. They are forging another way to parent. These changes in roles have not come without challenges.

It is essential that Dads have the supports and knowledge they need to navigate the evolving role of Fatherhood.

## Resources For Father

There are many avenues Fathers can seek support and access information.



# RESOURCES

## DADSWA

DadsWA focuses on Dads and Dad to be and run regular sessions in various areas. They can also provide information about referrals to other service

## FATHERING PROJECT

The Fathering project acknowledges the importance of the role of Father and Father figures. They run workshops, support groups and have a wealth of information and resources on their website.

## DADS GROUP

Provides positive parenting and connection for Dads.

## PANDA

PANDA is an excellent resource to find information about parenting and mental wellbeing

## SMS4DADS

SMS4Dads is a great resource providing both knowledge and connection - all on your phone.

