

Community Parenting Education Program 2010

Stress & Anger Management for Dads

Presented by Communities@Work in collaboration
with Mary Mead Child and Family Centre

Presenters:

Tony Wallace (Marymead Team Leader, Family Skills Program) &
Richard Murray (Group Facilitator, Somatic Psychotherapist)

Is balancing your role as a nurturing father and your participation in other daily activities stressing you? Do you understand and know how to cope with the frustrations that might arise?

Meet other dads facing similar dilemmas and together discover strategies for minimising stress and enjoying your children and family life more.

Dates: **Thursdays 4, 11, 18 and 25 March 2010**

Venue: **Gilmore Family Cottage
Gilmore Primary School
Heagney Street, Gilmore**

Time: **6.00 pm – 9.00 pm**

Cost: **\$40 for full four week program (includes light meal)**

It's
about
you.
Always!

For inquiries & registration contact:

Chris Cook on (02) 6293 6549
or email chris.cook@commsatwork.org

Terry Norman on (02) 6162 5851
or email terry.norman@marymead.org.au

It's about you. Always!
Communities@Work

 marymead
Child and Family Centre

CARING FOR CHILDREN • SUPPORTING FAMILIES