

**FREE 2 WEEK SUPPORT WORKSHOP FOR DADS**



# Stress Management for Dads

## With FREE CHILDCARE

Dads—Get some free tools for harnessing your responses to stress and frustration to help you wind down and enjoy your life more

Richmond Community Services Inc. in

partnership with Windsor Professional Centre are pleased to offer a free 2 week ongoing workshop for dads to give them tools for harnessing their responses to stressful situations.

This group over 2 sessions will assist Dad's to strengthen their skills in

- Effective emotional regulation
- Challenging negative thoughts
- Using Evidence Based approaches to stress management
- Balancing demands of parenting, work and self care needs

Will be held at

Richmond Neighbourhood Centre  
20 West Market Street, Richmond

2 x Monday evenings

30th April and 7th May 2018

6.30-9pm

**BOOKING ESSENTIAL!**

Call 4588 3502 to book your place  
or Email [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)



WINDSOR  
PROFESSIONAL CENTRE

.....making a difference.....

