

**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**

**12th & 19th October 2020**

**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.....*

