

# Caring Dads



## WHAT IS THIS PROGRAMME?

Caring Dads supports fathers to improve their relationships with their children, develop strategies to manage their frustration and find ways to reduce parental conflict. This programme is for both resident and non-resident fathers / male carers that need support to end controlling, abusive and neglectful behaviours towards their partners and children. This programme offers a unique opportunity for men to connect as fathers and develop their parenting skills through group discussion, exercises and 'give-it-a-go' activities to work on at home.

**Length of programme:** 17 weeks (2 hours per week) - usually in the evenings.

**refreshments are provided.**

## WHO SHOULD ATTEND?

This programme is for fathers/male carers with children aged 1 - 16 years old. Men should have regular contact with their child (minimum - fortnightly basis) and should remain working with the referring agency (or other key agency) for the duration of the 17-week programme.

## TOPICS COVERED

- Appreciate how different fathering styles affect children

- How to become more involved as fathers and be a positive influence to their child
- Learn about controlling abusive and neglectful attitudes and behaviours
- How to deal with frustrating situations and manage anger in a healthy way
- Rebuild trust and plan for the future

### **WHERE & WHEN ARE THE GROUPS DELIVERED?**

Caring Dads runs twice a year in community venues in Haringey.

**Refer to the parenting programme timetable for details of the next programme. It is :** From 10th November 2022 - 6.00pm – 8.00pm

### **HOW DO I GET ONTO THIS GROUP?**

- Access to this programme is by referral only.
- Referring agencies should download the [\*\*Caring Dads referral form\*\*](#)

Completed referrals should be sent to [Parentingprogramme@Haringey.gov.uk](mailto:Parentingprogramme@Haringey.gov.uk)

- Please refer to the eligibility criteria prior to completing the referral form.

*Parents cannot self-refer onto this programme.* If parents would like more information/ to join a Caring Dads group, they should speak to their Social Worker and ask to be referred.

### **WHO DO I CONTACT?**

For an informal discussion or to make a referral please contact to [Parentingprogramme@Haringey.gov.uk](mailto:Parentingprogramme@Haringey.gov.uk)

## Who to contact?

**E-mail:** Parentingprogramme@Haringey.gov.uk

## Location

### Name

Cypriot Centre

### Address

Cypriot Centre Earlham Grove, London,

### Postcode

N22 5HJ

## Time / date details

**Opening times/date** 10th November 2022 6.00pm – 8.00pm

Evening group – 6- 8

### Time of day

Evening

### Session Information

17 week programme (2 hours per week)

## Other Details

### Can I refer myself?

Referral required

### Referral Details

Please see referral form and details in Downloads.