

Where:

Caboolture Neighbourhood Centre
9 George Street, Caboolture

Dates for 2021:

3rd February—24th March

28th April—16th June

21st July—8th September

13th October—1st December

Time: 5.30pm to 7.30pm

Contact:

Ph: Lesley 5495 2571

Email:

ccabss1@caboolturenhc.com.au

Funded by



Updated: 27/10/2020

F.a.R.S.S.

**FAMILY AND RELATIONSHIP
SUPPORT SERVICE**



Ph: 07 5495 2571

Fax: 07 5432 9308

Email: ccabss1@caboolturenhc.com.au

A: 9 George Street
Caboolture, Qld 4510

W: www.caboolturenhc.com.au



F.a.R.S.S.

**FAMILY AND RELATIONSHIP
SUPPORT SERVICE**



Dads On A Journey 2021

Dads On A Journey



We want to give everyone the opportunity to succeed as parents, hence this program '**Dads on a Journey**'- a 6 week course, which is for Dads who are not quite ready to work collaboratively and safely with the child's other parent for whatever reason. The Program is linked to our 'Baby Bubbles' © 'Teen Bubbles' © 'Bubbles for Parents' © and 'Bubbles Kids Cooking' © programs.

'**Dads on a Journey**' gives the participants the opportunity to reflect on the importance they have in their children's lives, without what could be a stressor; working closely with the other parent.

The framework of this work draws from but is not limited to;

Bowlby's Attachment Theory

The Circle of Security, (Kent Hoffman, Glen Cooper and Bert Powell, 2001)

Glasser's 'Choice Theory' (Choice Theory; A New Psychology of Personal Freedom, 1998)

The Safe and Together Model (David Mandel, 2001)

Starting from birth and continuing throughout our lives, each person places significant role models, possessions and systems of belief (e.g: religion, cultural values, icons, etc.) into a mostly unconscious framework.

This program, in a group setting, is about unpacking, reflecting and creating a new safer journey which will help prevent and hopefully alleviate 'sink holes' along the journey which will lead to healthier, happier and safer outcomes for Dads and Kids alike.

One of our most favourite analogies over the years has been the saying that;

'Out of acorns, mighty oak trees grow'.

Without a solid, secure base on which to spread and grow it's roots, the tree would topple. Without nurturing and keeping it safe it would not grow. But with both, it grows strength, and we believe, Wisdom.

So, without further ado, let's pack the cases, load the car, put on the seatbelt and enjoy the journey.

F.a.R.S.S.

**FAMILY AND RELATIONSHIP
SUPPORT SERVICE**