

Dads Together

Sign up to our free 6-week online group

Do you feel you are constantly nagging at your child to get what you need?

Join our free dads together 6-week online group to help increase your confidence in parenting and improve communication and listening skills



- Wednesday 12th, 19th, 26th November & 3rd, 10th, 17th December 2025
- 7.00pm to 9.00pm
- Online via MS Teams

To book your place, call **Louise** on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form



Scan Me!

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Autumn term workshops 2025



Reducing Conflict: Tuesday 11 November, 9.30am to 11.30am

This workshop explores different types of conflict. It will provide support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

Anxiety around ADHD: Wednesday 26 November, 7pm to 9pm

A workshop to help parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD and strategies to help support you and your child

Its a Dad's Life: Tuesday 2 December, 7pm to 9pm

This workshop aims to empower dads with the knowledge and skills to develop deeper connections with their children

Sibling Rivalry: Wednesday 3 December, 7pm to 9pm

This workshop aims to provide parents with strategies and tools to effectively foster positive relationships, promote co-operation and manage conflict between children

Navigating the Storm (for parents of teens): Tuesday 9 December, 7pm to 9pm

A workshop designed to provide effective strategies for parents in managing challenging teenage behaviour

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