

Family Early Help Parenting Service Father's Group

The Father's Group provides a space for Father's, or men with any caring responsibility for children, to talk, learn, listen and discuss the difficulties of fatherhood. Participants will learn about a range of subjects from discipline, positive parenting and communication, to role modeling, mental & emotional health awareness and online safety.

What will I gain by taking part?

By taking part in the Father's Group, you will:

- Meet other Father's/male carers
- Receive information and strategies for bringing up your children
- Get help to ensure your voice is heard
- Be provided with a safe, judgment free space, to air your struggles
- Offered help and support from the group as well as from the facilitators if needed

Who will be there?

- The Father's group, as the name suggests, is a group based programme
- You will usually take part alongside 10 – 15 other fathers.
- The programme will run by two male 'facilitators', who have undergone extensive training to ensure that everyone gets the most out of the programme.
- So far, there has been over 350 fathers complete the programme and all say that it had a positive impact on them, their children and wider family functioning.

What will the programme provide?

- A safe space to share your views and be listened to
- An opportunity to get information and ideas to help with decisions about bringing up your children
- New skills, and support in developing your confidence
- Connections with the wider communities and services in your area.

How long is the course?

- The course will last for 10 weeks and each session will be 2 hours.
- All sessions will be face to face

What will the Father's Group give me?

The Father's Group will help you to answer these important parenting questions:

- How can I motivate my child to try their best at school?
- How do I build a better relationship with my child?
- How do I provide good discipline for younger children?
- Why is Child Development important?
- How do I stop my teenager getting involved in drinking, drugs, antisocial behaviour or truanting?
- How do I put boundaries in place with my child?
- What youth and parent services are available in my community?
- How do I become a positive role model
- How to raise girls as a father
- Working better with the professional network
- Looking after ourselves as Fathers and the importance of looking after our own mental health.

Who is the Father's Group for?

This group is for Father's, or any male with a caring responsibility. The programme is run with fathers from a variety of backgrounds, including:

- Parents from ethnic minority communities, faiths and backgrounds
- Parents who speak different languages
- Parents with disabilities or learning difficulties
- Individuals with very different qualifications and jobs
- Lads like you!

What do I have to do?

- Get involved! Although the facilitators will give information and techniques to help you, the Father's Group works best when everyone takes part fully.

When will the groups be held?

For more information on the Fathers Group, please contact Please contact Ben Campbell on (T) 07738 860 768 or (E) ben.campbell@southwark.gov.uk

