



**When dads have a healthy relationship with their children, it helps them to develop in healthy ways and have more positive outcomes in their lives.**

## Resources

<b>Dads Group Podcast</b>	<a href="https://podcasters.spotify.com/pod/show/dads-group">podcasters.spotify.com/pod/show/dads-group</a>	Dive in as we chat with everyday dads, parenting pros, and medical experts, gearing up fathers for the wild ride of parenthood.
<b>Dads Group Website</b>	<a href="https://dadsgroup.org">dadsgroup.org</a>	Promoting positive parenting for men we give new Dads the support and connection they need.
<b>Drummond street parenting services</b>	<a href="https://ds.org.au/events">ds.org.au/events</a>	Our parenting courses connect you with parents in similar situations. Learn, grow, and overcome challenges
<b>Dads in Distress</b>	<a href="https://parentsbeyondbreakup.com/dids/">parentsbeyondbreakup.com/dids/</a>	Supports dads experiencing trauma through family breakdown and separation.
<b>PANDA – Support for Dads</b>	<a href="https://panda.org.au/get-support/support-dads">panda.org.au/get-support/support-dads</a>	Resources, Online Forums and Getting Help Helpline: 1300 726 306 (Mon-Sat 9am -7:30pm)

## Resources

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<b>MensLine</b>	<a href="http://mensline.org.au">mensline.org.au</a>	Telephone and online counselling service offering support for Australian men.
<b>Parentline</b>	13 22 89	A free statewide telephone counselling and support service for all Victorian parents and carers of children from 0-18 years
<b>SMS4dads</b>	<a href="http://sms4dads.com.au">sms4dads.com.au</a>	Fathers, Dads-to-be, Families & Health Professionals. Receive free text messages, support, info & tips – especially for dads & dads-to-be
<b>Support for Fathers (Relationships Australia)</b>	<a href="http://supportforfathers.com.au">supportforfathers.com.au</a>	Support for Fathers is providing dads with options and information about fatherhood, the relationship with their partner and connecting with their kids. 1300 364 277
<b>Dads of Vermont</b>	<a href="https://facebook.com/groups/DadsOfVermont/">facebook.com/groups/DadsOfVermont/</a>	Leeroy Café, 37 Centre Rd, Vermont Meet alternating Saturday & Sunday Join us for free coffee and baby chinos Contact Facilitator: Tom Fagernes 0413 558 152 or <a href="mailto:thomas.fagernes@dadsgroup.org">thomas.fagernes@dadsgroup.org</a>
<b>Whitehorse Playgroups</b>	<a href="http://www.whitehorse.vic.gov.au/playgroups">www.whitehorse.vic.gov.au/playgroups</a>	A playgroup is a group of parents, grandparents or carers who regularly come together with their pre-school aged children to engage in play and socialise.
<b>Library Story Times</b>	<a href="https://bit.ly/49vw5qs">bit.ly/49vw5qs</a>	Join us each week to sing along together with simple songs and nursery rhymes. Free session for children from birth to 12 months old, parents and carers.



To request additional access support including interpreting please contact Council's Parenting Resource Officer on 0477 329 540 or [parentresource@whitehorse.vic.gov.au](mailto:parentresource@whitehorse.vic.gov.au)