

Australian fathering support programs – 10th January 2014

National			
Program	Location	Types of services	Contact
1. On the Line	National	Mensline Australia - National Men's Telephone Counseling Service	Randal Newton-John Executive General Manager - Operations 1300 789978 RNewton-John@ontheline.org.au www.ontheline.org.au
2. Dads in Distress Support Services	National – support groups mainly on the East Coast of Australia	Dads in Distress Support Services provides for the provision of support for men going through the trauma of divorce, separation or relationship breakdown, ensuring their safety and wellbeing. DIDSS offers peer support that aims to provide help and hope for separated dads and their families. People can talk with someone who has personally experienced separation... and discover what it might take for you to get through it. The services include: <ul style="list-style-type: none"> • Helpline 1300 853 437 • Support groups Weekly evening meetings • One-on-One Support where staff are available • Advocacy Specific issues and cases • Website news, resources, information and stories • Referrals - Connecting people with other services and programs that directly meet their specific needs 	Barry Guidera Chief Executive Officer Dads in Distress Support Services (DIDSS) 02 6652 8113 barry.guidera@dadsindistress.asn.au
3. Fathering Adventures	Queensland, NSW and Victoria	Fathering Adventures exists to experientially equip & empower men to “father” intentionally... with the end in mind... through the facilitation of Father-Son and Dad & Daughter relationship, and or rites of passage experiences, throughout Australia...	Darren Lewis Fathering Adventures ... fathering intentionally Mob: 0431 839 035 info@fatheringadventures.com.au

Victoria

<p>4. CAFS</p>	<p>Ballarat, Daylesford and Bacchus Marsh, Victoria.</p>	<p>Men and Family Relationship Service - a valuable resource for men and their families. Men and Family Relationships offer a range of support services to men and their families through: Counselling; Information and referral; Education groups; Community projects; Workplace initiatives; Information nights; Projects in schools</p>	<p>Graham Hoad Men and Family Relationships Service 03 5337-3333 / 03 5348 - 8200. graham.hoad@cafs.org.au</p>
<p>5. Dads on Board™</p>	<p>Melbourne</p>	<p>Dads on Board™ is a weekly therapeutic group work program for fathers post participation in a men's behaviour change program and their babies/toddlers (up to age 4). It aims to :</p> <ul style="list-style-type: none"> • accurately read and understand the relational and communicative cues of their infants/toddlers • develop a curiosity and respect for the subjectivity of their infants/toddlers • understand the concept of 'holding' their infants/toddlers, physically, emotionally and psychologically • appreciate how their behaviour and relating style as the parent has a direct impact on their infant's/toddler's emerging personality and capacities. 	<p>wb training & consultancy wendy.bunston@bigpond.com.au M: 0400 1500 90</p> <p>Please Note: Currently available to be run only in collaboration with other agencies who provide MBCP's and in a private capacity.</p>
<p>6. Brophy Family and Youth Services</p>	<p>Warrnambool, Hamilton and Portland, Victoria</p>	<p>Men and Family Relationships: Counselling for individuals, couples and families, relationship education and skills training. Instigators and organisers of the Rotary, Warrnambool and Moyne Father of the Year.</p>	<p>Graham Bedford 03 55618888 gbedford@brophy.org.au</p>
<p>7. CPS - Providing Child & Parent Services</p>	<p>North East Metro areas of Melbourne (Local Government areas of Banyule, Nillumbik, Darebin and Whittlesea)</p>	<p>The Fathers Support Service aims to collaborate with vulnerable fathers and their families to encourage, promote and enhance the caring involvement of fathers, uncles, grandfathers and other men in the lives of children. Our service supports fathers and other male carers to consider making changes that are in the best interests of their children.</p> <p>The Father's Support Service can respond to a range of issues for fathers which may include:</p> <ul style="list-style-type: none"> • Relationship difficulties • Separation and/ or loss • Fathering, grand-fathering, and step fathering • Making the transition to fatherhood • Depression & anxiety • Work / Family Balance • Communication • Anger and stress 	<p>Contact the CPS Intake Worker on (03) 9450 0900 arush@cps.org.au</p>

8. Relationships Australia Victoria	Sunshine, Victoria	<p>A range of groups are provided hat focus on men, dads & kids, families, Community Development and Early Years Programs including:</p> <ul style="list-style-type: none"> • FUN for kids programs - New dads and Mums, Preschooler based Dads programs, and Primary school Programs. • Reconnecting 1 & 2 – Play based workshop for Men in MBC group to assist them developing the skills and confidence to connect and reconnect positively with their kids and family relationships • Vietnamese MBC programs run with Vietnamese Community Workers. • Aboriginal Dads and kids playgroup in Western Suburbs • Bruthas Days out, Mens events for Aboriginal Men in the Western Suburbs and across Victoria. • Heading Out together, Sth Sudanese Dads and Sons community development project with VICSEG, (video available through VICSEG website) • Consulting with Rav centres/staff on FIP issues. • Literacy & Numeracy Dads programs in Kinders and Libraries in Brimbank. 	Scott L Hall (03) 8311 9222 slhall@rav.org.au
9. PIT STOP The Parenting Tune-Up for Fathers who like seeing their family firing on all cylinders!	Melbourne based, but available nationally.	<p>Pit Stop is a flexible educational group program consisting of 8X 2hr modules for fathers of children 0-18. It is facilitated using an entertaining multi-media presentation with a balance of inductive and deductive training, practical insights, strength-based strategies, all based on mainstream parenting principles but packaged for men. Comprehensive practical manual included. In the last ten years of Pit Stop hundreds of Dads of all situations and locations across Victoria have become more committed, more capable, more confident and more connected – to the delight of mums and kids.</p>	Rob Koch rob.koch@bettermen.com.au 0432 439 943 Rick Wakelin rick.wakelin@bettermen.com.au 0411 695 810
<h2 style="color: orange;">New South Wales</h2>			
10. Interrelate	Various locations, NSW	Being a Dad – A 3 x 2.5 hour session fathering program.	Linden Green (02) 4016 0517 LindenG@interrelate.org.au
11. CatholicCare (Sydney)	Sydney and Inner West	<p>Provides specific programs for men and fathers:</p> <ul style="list-style-type: none"> • Choosing Change - Men’s Behaviour Change Program- 15 week course, with partner/ ex-partner support, for men who choose to use violence/abuse in Domestic/Family Relationships • DEFUSE - Men’s ‘Emotion Regulation’ Program – 6 week course • Counselling – Family and Relationship focussed • Group programs for fathers with a focus on post separation fathering • Group Programs for Young Men: including: Healthy Relationships; Emotional Intelligence, RAGE. Programs facilitated for Homeless/Refuge services; Schools; Alcohol and Other drug 	Margaret Murphy Marriage & Relationship Education Men & Family Relationships (02) 9509 1111 margaret.murphy@catholiccare.org

		services	
12. UnitingCare Burnside	Western Sydney	As you know, we at Cabramatta Multicultural Family Centre UnitingCare Service, have a program providing information, referral, support and groups for fathers in Western Sydney. Please see attached Fathers' Support Service brochure as well as the card for fathers. Resource, Information, Case Work and Referral in English, Vietnamese and Arabic. The office operates Monday to Friday and groups are facilitated evenings and weekends. Groups offered are: Keeping Children Safe; Fathers Support; Living with Teenagers	Lucrecia Oliva Coordinator Fathers Support Service UnitingCare Burnside (02) 9781 3333 loliva@unitingcarenswwact.org.au
13. Tamworth Family Relationship Centre and Centacare NENW	New England North West region	The run the following programs: <ul style="list-style-type: none"> • "Hey Dad" Program across the on a regular basis. • "Tool Kit for Dads which is a program designed by dads for dads. The program is great for improving your relationship with your kids, assists with taking the stress out of parenting and is for new dads, separated dads, step dads and dads of teenagers. • Dad's Antenatal sessions at Tamworth Base Hospital • "Building Connections" - for families going through separation and to assist with the mediation process. 	Kylie Boyraz Tamworth Family Relationship Centre (02) 6762 9200 K.Boyraz@centacarenw.com.au
14. Men and Family Centre	Lismore, NSW	The Men & Family Centre is a community based non-government organisation which aims to support and cooperate with men, women and children to create respectful relationships free from all violence and abuse, and encourage men's involvement in building healthy communities.	(02) 6622 6116 events@menandfamily.org.au www.menandfamily.org.au/
15. Newpin Fathers Program -	Bidwill, NSW	The Newpin Fathers Program provides an intensive, therapeutic approach to breaking the cycle of intergenerational child neglect and abuse working with fathers who are having children restored to their care. In order to achieve this, the individual elements of a Newpin program: <ul style="list-style-type: none"> • Work with both the parent and the child or children • Focus on emotional development and well-being as an essential foundation for learning and change • Address issues of child safety and well-being during the parent's learning, healing and personal development processes 	Hugh Houston (02) 9835 1644 hhouston@burnside.org.au www.newpin.org.au
16. Relationships Australia	Various locations around NSW	Programs include antenatal groups at Westmead and fathering programs at many regional offices.	www.relationships.org.au

17. Groupwork Solutions	Groups – Wollongong Training – throughout Australia	Provides a range of fathering groups and weekend workshops. Training for professionals in working with men, group work and strengths based practice, resilience.	Andrew King 0437546560 info@groupworksolutions.com.au www.groupworksolutions.com.au
18. UnitingCare Burnside	Port Macquarie and Coffs Harbour, NSW	UnitingCare Burnside Hastings Family Support Service have a Family Worker who supports fathers who care for children between 0-18 years of age. In Coffs Harbour Family Support Service, there is a fathers support worker and a Men in Families Program- I'm a Dad which supports fathers through an antenatal partnership with Coffs Harbour Hospital antenatal classes. At Port Macquarie, the program offers family support in the home and fathers group sessions once a term on a variety of topics recently based on "Bringing up Great Kids".	Family Worker - Fathers (02) 6659 2825 Paul Sheehy (02) 6659 2841 0427 928 848 psheehy@unitingcare.nsw.gov.au Anthony Postle (02) 6581 2210 apostle@unitingcare.nsw.gov.au
19. Family Action Centre and Interrelate	Newcastle and Sutherland, NSW	Dads Connecting is an attachment-based program for fathers and preschoolers designed by the Family Action Centre at the University of Newcastle in partnership with Interrelate Family Centres. The program involves four one-on-one sessions using father-child play and video-facilitated discussion. Each father-child pair (child age between 2 and 6) are filmed playing together in free play activities with puppets, puzzles and physical games such as sock wrestling. The father and facilitator review the video and discuss positive parenting and the perspective of the child. The Family Action Centre researchers will evaluate this pilot program for changes in fathers' sensitivity and quality of play.	Newcastle call Interrelate 02 4016 0566 Sutherland call Interrelate 02 8522 4450 Dr Richard Fletcher richard.fletcher@newcastle.edu.au
20. Centacare – Wilcanna Forbes	Western NSW	Dads in School is a program where kindergarten children invite their Dad, Uncle, Granddad or significant male figure in their lives to their school for a fun learning day. On the day, Dads spend time with their children in their classroom where they have the opportunity in a round robin circuit to sit and help or watch their child either read, write, paint or colour. Some dads even read a story to the group they are with. The class spend time outside to have some games with the dads and to enjoy lunch together.	Michael Browne 134 Lachlan St Forbes NSW 2871 (02) 6850 1777 mbrowne@centacarewfv.org.au
21. Child, Youth, Women and Families Health – South East Sydney	Paddington, St George, Sutherland Hospitals NSW	Dads Connect - Linking with dads before baby arrives through the use of 1-hr male educators who are fathers.	Helen Rogers Early Parenting Program Coordinator (02) 9382 8685 Helen.Rogers@sesiahs.health.nsw.gov.au

South Australia

22. Good Beginnings	Elizabeth Grove, Northern Adelaide	The Hunter Gatherer program provides an opportunity for fathers to form social connections and increase their parenting knowledge and skills. The Hunter Gatherer program consists of weekly 2-hour sessions to facilitate a support program for Dads, which also includes cooking, discussions on nutrition and affordable meals. Participants work together to cook simple meals, then sit down and eat the meal together. Fathers have a round table discussion over their meal and cover a multitude of topics - from ante and post natal issues to football, self defence, story-telling and father/child relationships. Conversations are led by participants but guided by the male Family Support worker, who helps the men connect socially and work through issues as a team. Fathers are encouraged to take the time to appreciate the important role they play in the lives of their children.	Laura Bachman State Manager (Northern Territory and South Australia) 0419 803 068 laura.bachman@goodbeginnings.org.au
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ACT

23. Marymead	Canberra, ACT	A variety of dads programs addressing anger management or parenting issues for men are provided each term.	Terry Norman (02) 6162 5851 www.marymead.org.au Terry.Norman@marymead.org.au
24. CanFaCS	Canberra, ACT	CanFaCS can provide supported transitional accommodation, Dad's Place, case management, referral and outreach support to eligible sole father families. Dad's Place is a fully equipped house where eligible dad's who have overnight care can stay a few nights with their children.	02 6123 4000 office@canfacts.org.au

Northern Territory

25. Relationships Australia NT	Alice Springs	At Relationships Australia we are currently running the Aboriginal Building Connections (ABC) Parenting Seminar to separated parents. The ABC seminar covers; <ul style="list-style-type: none"> • The importance of looking after yourself • The impact of family breakdown and conflict on kids • Strategies to be a more effective parent • Ways to communicate with the other parent • And what support services are available 	(08) 8950 4164 5 Parsons St, Alice Springs NT 0870 emrhan@ra-nt.org.au
26. Good Beginnings	Katherine, NT	Provide programs for fathers and dads with their children ranging from 0- 12 year olds and how important it is to be part of their life doing various activities, one is in Yarralin community which is situated 380 kms south west of Katherine e.g. Going camping, fishing or doing activities at the	Allen Bower Men's Project Coordinator (08) 89722800 allen.bower@goodbeginnings.org.au

		youth centre, the program I do in town is getting male member in families to come along and enjoy some time with their children doing arts and crafts, reading books, water play etc.	
27.	Good Beginnings Australia	Katherine, NT	Good Beginnings Katherine in the Northern Territory runs a supported Dad's and Kid's group weekly in the school terms from 3-5pm. Our Dad's program worker visits a remote Aboriginal Community in the Katherine Region once a month and coordinates Dad's and Kid's activities.
			Kate Bishop 0418 823 810 kate.bishop@goodbeginnings.org.au

Tasmania

25.	Anglicare Tasmania	Launceston and Hobart	Anglicare Tasmania provides the Men and Family Relationships program in Launceston and the Tools For Men program in Hobart. These programs provide men with information and support about: <ul style="list-style-type: none"> • Men in families • Being an effective father • Building strong relationships • Life after separation • Managing strong emotions • Balancing work and home 	Freecall 1800 243 232
28.	Good Beginnings	Various locations in Tasmania	Good Beginnings in Tasmania are delivering parenting support to fathers through our Dad's Connect program. This consists of – <ul style="list-style-type: none"> • Dad's Playgroup - which operates every Friday at 6 Washington Street South Hobart as has done for the past 10 years. • Home visiting support for Dads by our male Family Support Worker • Dad's Antenatal sessions – being delivered at many maternity hospitals State wide 	Donna Evans 0421 575 717 donna.evans@goodbeginnings.org.au www.goodbeginnings.org.au

Queensland

29.	UnitingCare Community	Maroochydore , Gympie, Harvey Bay and Bundaberg	Provide a variety of men and father's programs including anger management and parenting post separation.	Ross Gilbert Family and Relationship Services (07) 54529795 ross.gilbert@uccommunity.org.au
30.	Men & Family Counselling and Consultancy	Counselling Services - Gold Coast, Qld Training & Consultancy Services -	Men and Family Counselling and Consultancy Service specialises in men & family counselling, training & program development. It is a male focused counselling service working with men, young men, women, couples and families experiencing difficulties in their relationships. We also provide national training to workplaces, government and non-government organisations who want to help their staff work with men more effectively and develop father inclusive practice. The service is renowned for providing interactive hands on training that focuses on building skills	Simon Santosha Managing Director (07) 5559 1303 simon@menandfamilycounselling.com.au www.menandfamilycounselling.com.au

	Nationally	and knowledge, developing self-awareness and creating personal and organisational change.	
31. Umbrella Network	Rockhampton	Supporting families with disabilities context that provides a Dads Playgroup through Playgroup Australia. My Dad and Me starting in September	Raelene Ensby raelene@umbrellanetwork.org 0408 506 287 254 Eldon Street, Rockhampton Qld 4701
Western Australia			
32. Good Beginnings Australia	Hakea Prison, Wooroloo Prison and Wandoo Reintegration facility in Western Australia.	We are funded by the Department of Corrective Services (WA) to provide the Dads an Kids Connect programs at 3 prison sites. The purpose of the program is to provide 1-1 parenting support, parenting workshops and limited family and transport support for child visits to prison.	Heidi Holmen Coordinator Dads and Kids Connect Programs WA 0437 577 506 heidi.holmen@correctiveservices.wa.gov.au
33. The Fathering Project	Western Australia	The Fathering Project is a University of Western Australia-based non-profit team of professionals whose aim is to help fathers realise how important they are in a child's life and to give them advice on how to encourage their children. Their work (research, product sales and presentations) is also aimed at father figures such as grandfathers, stepfathers, uncles, mentors, youth leaders, teachers, pastors and coaches, knowing that many children do not have much father contact at all.	See website: http://thefatheringproject.org/contact-us
34. Meerilinga	Beechboro, Cockburn, Woodvale, Western Australia.	Dads in the early years at Meerilinga. Resources for dads include: <ul style="list-style-type: none"> • Information Sheets • Directory of Services • Meerilinga playgroups for dads and kids • Nutritional Information Sheets • Book, DVD and CD list 	dads@meerilinga.org.au http://www.meerilinga.org.au/children-parenting/dads-in-the-early-years
35. Lifeline WA	Western Australia	DadsLifeline is a unique service that provides support to fathers, mothers and their children after separation or bereavement. Utilising one-on-one counselling, group work, the provision of information, advice and self-help resources DadsLifeline adopts a holistic approach in supporting fathers to deal with their problems and personal concerns.	Client Services Coordinator (08) 9261 4451 dads@lifelinewa.org.au http://www.lifelinewa.org.au/what-we-do/dads-at-lifeline/
36. Anglicare WA	East Perth or Joondalup, Western Australia	The service offers professional counselling that is private and confidential. All counsellors have tertiary qualifications in psychology, social work or counselling and group facilitation. Counsellors can assist clients to work through multiple issues by providing advice, strategies, referral and relevant information. The Service also runs seminars and group programs that cover a broad range of topics, including:	education@anglicarewa.org.au http://www.anglicarewa.org.au/relationships/counselling/menstime.aspx

		<ul style="list-style-type: none"> • relationship skills • depression • separation • fathering • emotion regulation • domestic violence • assertiveness • stress management. 	
37. The Menswork Project Inc.	Various locations, Western Australia	The MensWork Project is an organisation focused on developing and delivering personal development programs exclusively focused on men, for men. The Menswork Project offers workshop and retreat programs by experienced, professional facilitators who specialise in working with men. As well as specific topics including fathering, all the programs offer men a respectful opportunity to explore and appreciate the power of the masculine journey and what it is to be a man.	menswork@inet.net.au www.mensworkproject.org
38. Mensplace	Various locations, Western Australia	Relationships Australia, WA provides a wide range of groups/workshops for men and relationship issues	08 9489 6322
39. Ngala	Perth WA	Our Program – DadsWA has been operating since 1999, providing support and information for Dads with children 0-5 years and promoting the important role that Fathers, as part of the parenting team, play in the development of children. DadsWA offers workshops for Dads and expectant Fathers (antenatal), a Dads Playgroup, and phone consultations for Dads seeking information and support. The evening Dads Workshops cover areas such as brain development, the importance of play and physicality, bonding with your child, and guiding positive behaviour. DadsWA also provides professional development workshops and training on Father Inclusive Practice. The Dads Booklet: Fatherhood First 12 Months produced by DadsWA, is a great free resource for Fathers with babies.	Keith Read Father Inclusive Practice Educator (08) 9368 9379 kread@ngala.com.au www.ngala.com.au
40. FamilyWorks	Perth WA	FamilyWorks provides parent coaching for fathers and an Expecting Masterclass providing preparation for parenting for mothers and fathers-to-be. The full day Masterclass is offered each month in the Perth metro area and features a fathers-only session to give men opportunity to address and raise father specific issues. The rest of the Masterclass is 100% inclusive of and tailored for men (as well as women). Attention is given to developing a mindset for parenting, complementary parenting roles, couple relationship, parenting styles, personality, attachment, and of course some basics on baby sleep, feeding and behaviour.	Dawson & Sharon Cooke 0403 990 251 www.familyworks.com.au