

STRONG FATHERS, STRONG FAMILIES

Strong Fathers Strong Families, is a program to promote the important role of Dads, Pops, Uncles and Carers to be a healthy role model and engage fully in the lives of children as early as possible.

AIMS OF THE PROGRAM

1. To improve Aboriginal and Torres Strait Islander male's ability to contribute positively to the health and wellbeing of their children.
2. To support the developmental needs of children by encouraging fathers, uncles, pops and carers to be healthy role models and engage fully in children's lives.

PROGRAM DETAILS

Strong Fathers Strong Families delivers a program that is run over 6 weeks; a 3 hour session per week.

Sessions include:

- ✓ Call Me Dad Presentation
- ✓ Roles of Dads
- ✓ Communicating with Children
- ✓ Children and Confidence
- ✓ Behaviour
- ✓ Stress and Anger
- ✓ Relationships & Personal Development

GET IN TOUCH

Carbal Medical Services

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Each session has a child and father focus and sessions take place through a 'yarnin circle', giving fathers the chance to ask questions and to have an input in the sessions.

PRIVACY & CONFIDENTIALITY

Consultations are confidential with your health information accessed only by those directly involved with your care, including monitoring of its quality.

Carbal Medical Services aligns its services in accordance with the National Privacy Principles and if you are required to access further medical services, you will be asked to sign a patient consent at our clinic.

Visit our website for
news, podcasts and
videos at:

www.carbal.com.au

DAD'S SUPPORT NETWORKS

- ✓ **MEN'S LINE**
1300 78 99 78
www.mensline.org.au/links.html
- ✓ **LIFELINE - MEN AND RELATIONSHIPS PROGRAM (MARP)**
1300 991 443
www.lifelinedarlingdowns.org.au
- ✓ **SALVATION ARMY**
(07) 4632 4133 | 1300 363 622
24 hour crisis counseling and referral
www.salvos.org.au
- ✓ **OZCARE TOOWOOMBA**
1800 692 273
- ✓ **ST VINCENT DE PAUL**
(07) 4632 9960

BEING A STRONG SUPPORT MODEL IS IMPORTANT FOR FATHERS

How you behave teaches your kids how to act when they grow up. Some ideas that might help being a strong role model include:

- ✓ Teach your kids respect by being a good role model.
- ✓ Your daughter will learn about male/female relationships by watching you, it is important she sees you showing care and respect for women in the family.
- ✓ Your son will watch you and copy what you do. This is how he learns about being a man, male/female relationships, friendships and his role in the community and family.

BENEFITS FOR CHILDREN WHO HAVE A STRONG RELATIONSHIP WITH THEIR FATHER:

- ✓ Better results at school.
- ✓ Have better relationships.
- ✓ Have a stronger connection with their community.



CARBAL AIMS TO PROVIDE HOLISTIC
WORLD CLASS MEDICAL AND HEALTH
CARE SERVICES



Carbal acknowledges all support provided by the Federal and State government Departments of Health and our many partners who assist us.

**STRONG FATHERS,
STRONG FAMILIES**
**Carbal Medical Services
can help you and
your family!**

