



Wanna be the best Dad you can be?

Roadworthy For Dads

How to be the best Dad around!

Join this free 9-week program for fathers and find out:

- why being the best Dad you can be is so important for kids.
- how to deal with the tough times and enjoy the good times (sleep time, food time, discipline, talking, playing, just hanging out together).
- how to stay calm when things get crazy.
- how to understand their stages and ages.
- how to get closer to your kids.

Please note: To be eligible you must live in the Frankston catchment. No applicants on Family Violence IVO's allowed.

When:

Time:

Where:

Cost: Free

Bookings: To book call reception at LifeWorks Frankston on **9783 7611**
or email lifeworks@lifeworks.com.au

