

# Dad's Space

The transition to fatherhood can come with both joys and challenges!

As an expectant or new Dad, adjusting to all of the changes that a new baby brings can be stressful and overwhelming at times.

Dad's Space offers a safe environment to share your experiences of becoming a father and opportunities to meet others in similar situations.

## How it Works

Dad's Space is a group for Dads to talk about their experiences during the first two years of their baby's lives – the changes in roles, relationships and responsibilities which can sometimes feel quite difficult to manage. The group aims to help Dads to understand these changes and to explore alternative coping mechanisms and solutions in order to improve confidence, wellbeing and family relationships.

Dad's Space will consist of 12 weekly meetings on a Wednesday evening with group facilitator, Simon, from 6:00pm–7:30pm, starting on 28 April at Quaggy Children's Centre, Orchard Hill, SE13 7QZ

The group will offer the opportunity for up to six Dads to meet face to face with the required social distancing and hygiene measures in place!

## Who is it for?

The group is open to Dads with a baby under 24 months, including expectant Fathers.

## Make Contact

We accept self-referrals from Dads and referrals from professionals. If you would like to find out more, attend the group, or refer a Father please contact –

Phone: 020 84659785 (ask to speak to Lisa)

Email: [lisa@quaggychildrenscentre.org.uk](mailto:lisa@quaggychildrenscentre.org.uk)

