

What is Caring Dads?

Caring Dads is a 17 week program for fathers who are looking to embrace new skills and peer support in order to bring increased safety to their families through child-centred parenting.



**FOR MORE
INFORMATION
PLEASE CONTACT:**

Matt MacRae

Caring Dads Facilitator

Phone: (431) 791 4466

caringdads@acornfamilyplace.ca

At Acorn Family Place, we recognize children as a sacred gift and a reminder of our shared responsibilities to one another, the land, and future generations. We are committed to creating spaces that honour the strength, knowledge, and voices of Indigenous families and children. In the spirit of reconciliation, we strive to walk respectfully on this land, listen deeply, and work toward a future where all families grow in safety, dignity, and belonging.



**202-222 Furby Street
Winnipeg, MB R3C 2A7**
www.acornfamilyplace.ca



**Caring
Dads
Program**

Is Caring Dads for you?

The goal of Caring Dads is for fathers to improve their relationships with their children and family and to help fathers to better understand the development and needs of their children.

Some of the topics explored include:

- Building relationships with your children
- Recognizing harmful behaviours and working towards accountability and repair
- Understanding the impacts on children who have witnessed abuse
- Child development
- Reading to and playing with your children
- Responding to children's needs
- Positive communication
- Co-parenting
- Problem solving & managing frustration
- Alternatives to punishment
- Rebuilding trust and healing

Eligibility Information

Fathers will benefit from this program most when they are currently:

- Spending time with their children (supervised or unsupervised) or are on the path to begin spending time with their children
- Recognizing harmful behaviours that they have participated in and want to work towards accountability and repair
- Currently accessing support from one or more people in their lives (mentor, worker, counsellor, etc.) and are open to having that person involved in their progress through the program
- Able to commit to a 17 week program and participate in a workshop setting, including weekly take-home work

Welcome Process

Here is what fathers can expect from the welcome process:

- A self-referral or referral from an agency you are working with is made
- Eligibility for the program is discussed via phone or email and a welcome meeting for program enrolment is set
- At the welcome meeting, program facilitators will discuss your goals for the program with you and share more information. Confidentiality and consent will be discussed, enrolment forms will be filled out
- Your Caring Dads group will all meet together for the first session, and sessions to follow. Snacks, coffee, and bus tickets will be provided. Childcare is available onsite.