





When dads have a healthy relationship with their children, it helps them to develop in healthy ways and have more positive outcomes in their lives.

Resources

Dads Group Podcast	podcasters.spotify.com/pod/show/dads-group	Dive in as we chat with everyday dads, parenting pros, and medical experts, gearing up fathers for the wild ride of parenthood.
Dads Group Website	dadsgroup.org	Promoting positive parenting for men we give new Dads the support and connection they need.
Drummond street parenting services	ds.org.au/events	Our parenting courses connect you with parents in similar situations. Learn, grow, and overcome challenges
Dads in Distress	parentsbeyondbreakup.com/dids/	Supports dads experiencing trauma through family breakdown and separation.
PANDA – Support for Dads	panda.org.au/get-support/support-dads	Resources, Online Forums and Getting Help Helpline: 1300 726 306 (Mon-Sat 9am -7:30pm)

Resources

MensLine	mensline.org.au	Telephone and online counselling service offering support for Australian men.	
Parentline	13 22 89	A free statewide telephone counselling and support service for all Victorian parents and carers of children from 0-18 years	
SMS4dads	sms4dads.com.au and sms4dads.com.au/deadly-dads/	Fathers, Dads-to-be, Families & Health Professionals. Receive free text messages, support, info & tips – especially for dads & dads-to-be, including a specific service for Aboriginal and Torres Strait Islander Dads.	
Support for Fathers (Relationships Australia)	supportforfathers.com.au	Support for Fathers is providing dads with options and information about fatherhood, the relationship with their partner and connecting with their kids. 1300 364 277	
Dads of Vermont	facebook.com/groups/DadsOfVermont/	Leeroy Café, 37 Centre Rd, Vermont Meet alternating Saturday & Sunday Join us for free coffee and baby chino Contact Facilitator: Tom Fagernes 0413 558 152 or thomas.fagernes@dadsgroup.org	
Whitehorse Playgroups	www.whitehorse.vic.gov.au/playgroups	A playgroup is a group of parents, grandparents or carers who regularly come together with their pre-school aged children to engage in play and socialise.	
Library Story Times	bit.ly/49vw5qs	Join us each week to sing along together with simple songs and nursery rhymes. Free session for children from birth to 12 months old, parents and carers.	

To request additional access support including interpreting please contact Council's Parenting Resource Officer on 0477 329 540 or parentresource@whitehorse.vic.gov.au