

You are invited to...

The



12K Walk

CALLING ALL DADS & GRANDDADS,

You are invited to join us on **Saturday 18th June @ 10am.**



The Lagan Towpath, Belfast - meet @ Cutters Wharf car park.

Or



The 2 bridges walk, River Foyle, Derry/Londonderry - meet @ Sainsbury's river front.

Dads Project Out & About



Dads chatting over
coffee @
Sainsburys
Derry/Londonderry

Sunday Morning
Walks, Dads
reconnecting after
covid.

To find out more -
tel: 0808 8010 722

Ulster University family
court info website portal
and pathfinder tool -
Launch event

<https://www.ulster.ac.uk/familycourtinfo>

Celebrating the role of dads



My greatest enjoyment of being a Dad is seeing my children grow and progress. The most important skill for being a dad for me is patience. Children just need a little guidance. Don't take being a dad for granted and remember your child is only small for a short time so enjoy the journey as they grow.

As a father I have learned not to take life so seriously. I used to be concerned about others opinions but now I feel more sure of myself. I trust my instincts and I go with that. My advice to other dads is to parent your own way. Try not to compare yourself to others.



Becoming a Dad is my greatest achievement ever. They are both my little trophies! I enjoy making memories every day. Watching them grow up into the amazing little people they are! Being a Dad changes you as a person. I suddenly found I had all these skills I didn't know I had.

Dads Project Services

emotional support
social support

booklets
newsletters
podcasts
top tips
father inclusive
Dads Talk Sessions
awareness raising
practitioner training
Social Media
programmes
wellbeing

Peer Support
children's lives
education

The Dads Project wishes to recognise a fathers contribution to their childrens lives, their expertise in areas of parenting and their journeys of personal development and growth.



Note to self:

When things feel overwhelming, remember:

- . One thought at a time
- . One task at a time
- . One day at a time

Please call Parenting NI Support Line for any enquiries - 0808 8010 722

or

Check our website - www.parentingni.org