

# Caring Dads

Helping Fathers Value their Children



Caring Dads is a 17-week, evidence-based group behaviour change program. It is designed to support fathers in developing safer, child-centred parenting practices using therapeutic strategies. The program works specifically with fathers who have used violence, abuse, or neglect in their families, helping them to strengthen relationships with their children and learn effective, non-harmful parenting techniques.

## Program Goals

- Build trust and motivation to engage fathers in self-reflection around their parenting.
- Increase awareness and accountability for abusive or neglectful behaviours and their impact on children.
- Support fathers in rebuilding trust with their children and planning for a safer, more positive future.

## Eligibility

- Biological fathers or stepfathers of children aged 0–16 years.
- Must have regular contact (supervised or unsupervised) with at least one child.



Centacare NQ 1300 672 273  
www.centacarenq.org.au

Find out more:

