

# Caring Dads Group in Punjabi



Our program offers a specialized group counselling program for fathers focusing on addressing intimate relationship violence and its impact on children. Please note that this is not a parenting group. During the 17-week group sessions, fathers can:

- Explore the dynamics of intimate relationship violence within the context of power and control.
- Increase awareness of the effects of relationship violence on children.
- Develop skills for regulating emotions and fostering healthier relationships with both their children and the children's mothers.
- Acquire problem-solving strategies for handling challenging situations and managing relationship difficulties.



## Beginning

Every Sunday in Person  
Jan 14, 2024- May 5, 2024  
6 - 8:00 p.m.

## Location

13583 - 81 Avenue  
Surrey, BC V3W 3V8

## For more information and to register:

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