

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.



Tuesdays

December 8, 2026 - April 20, 2027
6:00 p.m. - 8:00 p.m.

Location

#101 13583 - 81 Avenue
Surrey, BC V3W 3V8

For more information and to register:

Please contact intake.dvip@options.bc.ca

or call: **604.596.4321**