

Dads and Teenagers: Forest Survival



Dads, grandads, step-dads or male carers

Do you want to get on better with your teenager?
Well, here is your chance to start to change things.

We are running a dads and teenagers **survival course**.
Survival sessions are held in the woods, so you'll discover
how to cope with your teenager in the wild and at home.
The best part is it's **FREE** and open to girls as well as boys.

For more information contact **Children North East**

Tel: 0191 500 6205

Email: mydadmatters@sunderland.gov.uk

Visit My Dad Matters Sunderland on Facebook



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~~Every~~ Dad Matters



~~Every~~ Dad Matters

Calling all Sunderland dads, grandads, young dads, step-dads, dads-to-be and other family men!

As a family man, you play an important role in your child's life. Children who have regular involvement with their fathers do better at school, are healthier and form better relationships.

If you are a family man living in Sunderland, there are six exciting new activities to support you in being a great dad or male carer:

- Sunderland dad-to-be (Antenatal period)
- Dads and new babies (Up to one-year-old)
- Dads and toddlers (One to four years)
- Family Man through the Ages (Five to 11 years)
- Dads and teenagers: forest survival (11 to 16 years)
- Martial arts sessions (All family men)

Programmes are FREE and run in male-friendly venues across the city and all family men are welcome.

The My Dad Matters programme is delivered in Sunderland by Children North East Fathers Plus Service in partnership with Sunderland Children's Trust. Visit www.fathersplus.org

