

## Our Mission

We partner with you to manage life's challenges.



## Caring Dads

Helping Men To  
Become Better Fathers

## Our Services

- Individual, Couple & Family counselling
- Counselling for women & children who have experienced abuse
- Partner Abuse Response Program
- Caring Dads Program
- Counselling for sexual abuse survivors
- Employee Assistance Programs
- Supervised Access Program
- Family Life Education Courses
- Credit Counselling and Financial Fitness

## Who We Are

- A family counselling agency providing service to the community since 1954
- A member of Family Service Ontario
- Accredited by OACC and CACC

## Locations

### Burlington Office

460 Brant Street, Suite 200  
Burlington, ON L7R 4B6  
Phone: 905-637-5256  
Fax: 905-637-8221

Thrive Counselling is a registered charity.  
Donations gratefully accepted.  
Charitable Registration #107462384RR0001

**905-637-5256**  
**1-866-457-0234**  
**thrivecounselling.org**



### Funded by



## About The Program

Caring Dads is an educational & counselling program that supports men who want to improve their parenting skills.

In a guided group setting, this program helps men acquire attitudes, beliefs, and behaviours that support healthy father-child relationships.

Participants will learn to recognize and avoid the use of controlling, intimidating and abusive actions due to the negative impact these behaviors have on children. They will develop skills for interacting with their children in healthy ways.

## Just the facts

An orientation meeting is the first step

Then, join in ....

The group program is 12 weeks  
2 hours per session

Participation may be voluntary  
or at the request of the Court, Children's Aid  
or another referring agency.

In order to benefit from the program,  
fathers need to have regular contact  
with their children.

We are unable to accept people into the program  
until all relevant court matters have been resolved.

While participants are registered in the program,  
our staff will have occasional contact with the  
mothers of the children and the referring agency.

Interpreters are provided, if required, at no cost.

## What can dads expect?

### Caring Dads will help participants to:

- Learn ways to improve their relationship with their children
- Understand the impact of their behaviour on their children
- Recognize their children's needs and put them first whenever possible
- Develop a healthier style of parenting

### What moms & kids can expect

Our staff will have occasional contact with the mother to:

- Ensure that she & the children are safe
- Provide information about services she may want to use
- Provide information about the Caring Dads Program

### What referring agencies can expect

Feedback regarding the dad's attendance and progress in the program will be provided to the referring agency.

## “What participants say about Caring Dads Program”

“Made me realize how much kids are impacted by how their parents act.”

“My relationship with my children has become much more open, stress-free and helps me to reflect daily on my behaviour and my children's needs.”

905-637-5256