

Who are we?

Dads Group are a passionate group of like minded individuals committed to supporting, equipping and connecting new fathers and prompting positive parenting for men.



Through our programs, Dads Group has produced positive outcomes among fathers, addressing social isolation and loneliness with new fathers across Australia.

Our programs are designed to improve family health, preventing family violence, reduce depression, anxiety and suicide.

Contact Us



www.dadsgroup.org



info@dadsgroup.org

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Dads Group

How Dads Group works

Dads Group are a gathering of fathers meeting together weekly, face-to-face with their kids, a coffee and often a playground. If you can't make a face-to-face catch up, we also meet digitally via our Digital Dads Group sessions.

The peer-to-peer approach of Dads Groups creates an evidenced based effective framework for support — something that is often missing from the existing fatherhood experience in Australia.

Groups are led by new fathers or an important father figure in the child's life.

How to join a Dads Group

Find One

- Check our interactive map on our website (www.dadsgroup.org)
- Get in touch via the Facebook link!

Start One

If there's not one in your local area and you'd like to consider being a Dads Group leader, email us on info@dadsgroup.org.



Dad Quotes...

My mates haven't had kids yet so I'm stoked to meet dads at the same stage as me.

- Dan, Dads Group member

This group is amazing for the new and developing dad! We don't get a manual for fatherhood nor do we get a manual on how to change and grow our relationships with our partners post children.

- Michael, Dads Group member

Digital Dads Group

In response to the evolving COVID-19 situation, we have taken Dads Groups online each week so you can connect with other Dads during this unexpected and unprecedented time.

To join Digital Dads Group:

- Visit our website at dadsgroup.org/digital-dads-groups or search 'Digital Dads Group' on Facebook
- A zoom link is posted for daily sessions on expecting and new parenting topics.

