

# Dads and Sons

## Online via Zoom



All boys benefit from a strong male figure in their lives and it's a father's greatest privilege to be the man that not only gets to enjoy "tearing up the grass" with his sons but also to teach them how to become good men.

Good relationships between dads and their boys are about dad being around and being involved. Boys whose dads are involved in their lives do better in lots of ways — academically, emotionally and socially. Well-fathered boys show the positive effects years later with an improved capacity for empathy and the health of their social relationships.

This workshop, for Dads to attend, will include topics such as:

- The importance of the role Dad's play in the development and nurture of their sons
- How Dads can help their sons develop a healthy identity and resilience
- Preparing for adolescence and the challenges that boys face at this time
- Ways Dads can bond with their son and create a meaningful father-son relationship

**When:** Tuesday 17 February 2026

**Time:** 6.15pm – 9.00pm AWST

**Where:** Online via Zoom

**Cost:** \$30 per person, \$15 concession

Online sessions are interactive and have minimum requirements

For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)



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