



INFORMATION FOR DADS

ONLINE TIPS, RESOURCES & INFO ESPECIALLY FOR DADS

ngala.



Click on links below...

Online version www.ngala.com.au/program/dadswa - click on "Fathering resources"

Why Fathers Matter

The Fathering Project – New Fathering Research

Karitane – Dads make a difference

Websites for Fathers

Raising Children - Fathers

Direct advice for dads

Beyondblue.org.au – Dadvice for new dads

The-father-hood – dadlife



Podcasts for Dads

mrperfect – australian podcasts for dads

Agencies with Programs/Support for Fathers

Ngala – Phone support and information for parents

The Fathering Project

Relationships WA

Anglicare WA

Workshops/Programs for Dads and Parents Nearby

Programs for NW Metro (Perth and northern suburbs)

Shire of Mundaring, City of Swan, Town of Bassendean and City of Bayswater.

Communicare – Parenting Support Services: South East Metro

Meerilinga – Parenting courses and services: Southern Suburbs

Relationshipswa – Courses and workshops

Online Workshops/Programs

Birthing dads – For expecting and new fathers

Support for fathers – Online webinars for dads

SMS4dads – Receive free text messages, support, info & tips – especially for dads & dads-to-be

Parentshop – Online parenting course on guiding behaviour aimed at 2 years and above

Parentworks – Online course for dads with children 2 years and above

Familyman.movember.com – Online parenting program with dads in mind





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TIPS, RESOURCES & INFO ESPECIALLY FOR DADS

Dads Groups

Hyde Park Dads
Perth Home Dads
Perth and WA Dads
Mr Perfect
Dads Group organisation Youtube
Dads Group Website

Mental Health and Wellbeing

ForWhen helpline – Mental health support for expectant and new parents (inc dads)
Beyondblue
PANDA – Dads mental health and wellbeing
Beyondblue – guide for new dads
New dads mental health
Red Nose – grief and loss support

Deadly Dads

ForWhen helpline – Mental health support for expectant and new parents (inc dads). Aboriginal and Torres Strait Islander Liaison Officers available.

Ngala – ngalang moort ngalang kurlangah
Indigo Junction – strong-fathers
Raising Children – Indigenous dads
Stayin on track
Parenting SA – being a dad
Raising Children – Aboriginal parents: routines
Raising Children – Aboriginal parents: watching your kids
www.sms4dads.com.au/deadly-dads - texts with info for you and bub.



Separated Dads

Lifeline – Support for separated parents
Relationships WA – Fathering After Separation
Groups – search for “separated dads” on facebook

General Support/Information for Men

Mensline – telephone and online counselling for men
Mens family violence helpline
Lifeline – 24 hour crisis support

Disability Support

NDIS – Western Australia
Autism – dads support groups
Kalparrin
Carers WA

Further information on support for fathers: contact DadsWA on DadsWA@ngala.com.au or Ngala Parenting Line on 08 9368 9368

You have an opportunity to have a say in Ngala’s work with parents. We are looking for fathering advocates. Go to Ngala Consumer and Community Engagement