

Dad How you feel matters



ACT
Government
Health

Helpful contacts for Dads in the ACT

Fatherhood can be one of the best things you'll ever do, it can also be tough and challenging.

– It's ok to ask for help! –

Before the baby arrives

Beers & Bubs – childbirth classes @ pubs

www.beerandbubs.com.au
ACT contact: 0414 267 791

Relaxing into Parenting/ Baby makes 3

www.cmsinc.org.au

Bringing Baby Home – Calvary Health Care, Bruce

Ph: 02 6201 6359

Baby has arrived

What Were We Thinking

www.whatwerewethinking.org.au

'How you feels matters'

www.health.act.gov.au/perinatal

The DAD Factor

[www.newcastle.edu.au/profile/
richard-fletcher](http://www.newcastle.edu.au/profile/richard-fletcher)

Child and Family Health Centres

[www.communityservices.act.gov.
au/ocyfs/childandfamilycentres](http://www.communityservices.act.gov.au/ocyfs/childandfamilycentres)

Meet other Dads

Father's playgroup – ACT playgroup

1800 171 882
<http://playgrouppaustralia.org.au>

Extra Support

PANDSI

www.pandsi.org/dads
02 6288 1936

Centre of Perinatal Excellence C.O.P.E

www.cope.org.au

Beyondblue

1300 22 4636
www.beyondblue.org.au
(search-what about dads)

General Practitioners

(ask about Health in Mind)

Men's Health

MensLine

1300 789 978

Relationship/ family issues

Relationship Australia

1300 364 277
www.relationships.org.au

Other Useful websites/numbers

Raising children network

<http://raisingchildren.net.au/fathers/fathers.html>

Parentline ACT 6287 3833

Tresillian Parent Line 1300 272 736

Pregnancy, birth & baby helpline 1800 882 436

Parentlink www.parentlink.act.gov.au

Dads play a key role in the health and wellbeing of every family. Don't forget to take care of yourself.