

## Join a group

### Dads of Yarra Playgroup

A free playgroup run by Dads with  
0 – 5 year olds on Tuesdays from  
10:00am to 12:00pm

Level 1 Bargoonga Nganjin,  
North Fitzroy Library 182  
St Georges Rd North Fitzroy

Contact: Jacinta Harper **9205 5493**  
[playgroups@yarracity.vic.gov.au](mailto:playgroups@yarracity.vic.gov.au)

### Digital Dads Groups

Becoming a dad is unlike any other  
transition in your life and you don't have  
to do it alone! You can connect with other  
dads in your neighbourhood by simply  
visiting our website and let's change the  
culture of fatherhood together.

[dadsgroup.org](http://dadsgroup.org)

### New Dads Group

Hosted by Drummond Street Services – a chance  
to ask questions and discuss the BIG issues of  
fatherhood. Run by experienced fathers and family  
workers. Tip sheets and freebies available.

[yarracity.vic.gov.au/newdads](http://yarracity.vic.gov.au/newdads)



**yarra.**  
FAMILY, YOUTH &  
CHILDREN'S SERVICES



### Yarra City Council

PO Box 168  
Richmond VIC 3121

**T //** 9205 5555

**E //** [info@yarracity.vic.gov.au](mailto:info@yarracity.vic.gov.au)

**W //** [www.yarracity.vic.gov.au](http://www.yarracity.vic.gov.au)

**Proudly sponsored and managed by Yarra City Council**

### National Relay Service

TTY 133 677 then (03) 9205 5555

### Languages

العربية	9280 1930	Italiano	9280 1931	Other	9280 1940
中文	9280 1937	Español	9280 1935	REF	18936
Ελληνικά	9280 1934	Tiếng Việt	9280 1939		

# Dads in Yarra.

**Trusted local information and activities  
for expectant and new dads**

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and activities for expectant  
and new dads

## Peer and professional support for dads

### Dad's Stuff – Monthly Webinars for Dads

Relationships Australia

Join a FREE webinars and get options for being a dad, the relationship with your partner and connecting with your kids.

[supportforfathers.com.au/event/dadstuff](http://supportforfathers.com.au/event/dadstuff)

### Gidget Foundation

Practical emotional wellbeing support app

[gidgetperinatalsupportcentre.org.au](http://gidgetperinatalsupportcentre.org.au)

Virtual village facebook group

[gidgetfoundation.org.au/gidget-virtual-village](http://gidgetfoundation.org.au/gidget-virtual-village)

Start talking program free specialist telehealth psychosocial counselling services

[gidgetfoundation.org.au/get-support/start-talking-telehealth](http://gidgetfoundation.org.au/get-support/start-talking-telehealth)

### Integrated Family Support

A free, voluntary in-home service provided to families living in the City of Yarra with children aged 0-17 years, including pre-birth.

This service is for families who require extra support with issues including parenting concerns, mental health, family conflict or breakdown.

9205 5468

[familyservicesintake@yarracity.vic.gov.au](mailto:familyservicesintake@yarracity.vic.gov.au)



## Explore information on the web

The following websites provide a range of information and videos on becoming a dad, supporting your partner, the impact of fatherhood, managing stress, mental health, facts sheets, child development and what to expect.

### Gidget Foundation – Support for Dads

[gidgetfoundation.org.au/support-for-dad](http://gidgetfoundation.org.au/support-for-dad)

### COPE – Centre for perinatal excellence

[cope.org.au/fathers](http://cope.org.au/fathers)

### DADVICE BeyondBlue

[healthyfamilies.beyondblue.org.au/dadvice](http://healthyfamilies.beyondblue.org.au/dadvice)

### Raising Children Network

[raisingchildren.net.au](http://raisingchildren.net.au)

## Talk to someone on the phone

### PANDA

National helpline 1300 726 306

[panda.org.au/info-support/how-is-dad-going](http://panda.org.au/info-support/how-is-dad-going)

### Mensline

1300 789 978

[mensline.org.au](http://mensline.org.au)

### Beyond Blue

[beyondblue.org.au](http://beyondblue.org.au)

1 300 22 4636