

FACILITATORS

The course is held three times per year.

Aaron Agnew

Clinician
Master Education (Counselling)

Aaron is a Clinician with RISE based in Nelson. His background is in adventure therapy. He currently runs the Dads group and works with male and youth clients in the non-violence field. He is a father of two young children.

Kimberley Davidson

Clinician
Bachelor Counselling

Kimberley is one of RISE's Motueka-based Clinicians. She works with men, women, and youth across various RISE programmes. Before joining RISE, she spent two years counselling women suffering from postnatal depression and trauma.



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RISE is a provider of specialist family violence services. For more than 35 years, we have helped individuals and families seek and achieve real change to live healthier and safer lives.

www.rise.net.nz

Be a confident, connected Dad

At RISE's Dads Programme, learn skills, tools, and insights to be a confident, connected, and compassionate parent.



ABOUT

Learn skills, tools, and insights to be a confident, compassionate, and resilient dad. Resilient dads are also resilient members of whānau.

Having solid parenting skills will increase harmony in the whānau, improve connection at home, and offer a happier, safe, loving environment that can last a lifetime.

Ask questions from experts. Hear from fellow dads. Develop a network of connections to draw on when you need help.

This is the only course of its kind in Nelson for dads that takes the long view on parenting and being a loving, committed family member.



SESSIONS

Over 10 weeks, the group meets on Tuesday evenings for two hours. Sessions include a variety of presentations, discussion, videos, and Q&A.

Weekly topics can include:

- Fatherhood - the challenges and joys
- Parenting styles
- Lifestyle balance with kids
- Emotions and mental wellbeing for dads
- Relationship with mum and whānau
- The role of play and discipline
- Safety and security
- Stress
- Brain development
- And more



WHO

Any man in a parenting role is welcome, whether you're a dad to a newborn, toddler, or youth. It takes all whānau and relationship types, including blended and separated families, and biological or non-biological dads.

Dads can be:

- birth fathers
- stepfathers
- foster fathers
- non-biological fathers
- uncles or grandfathers
- carers
- men working to gain access to their children

