## EDITION 7-SPRING 2022

## You are invited to...



CALLING ALL DADS \& GRANDDADS,
You are invited to join us on Saturday 18th June @ 10am.

The Lagan Towpath, Belfast - meet © Cutters Wharf car park.

## Or

- The 2 bridges walk, River Foyle, Derry/Londonderry meet © Sainsbury's river front.


## Dads Project Out \& About



Dads chatting over coffee @ Sainsburys
Derry/Londonderry

Sunday Morning Walks, Dads reconnecting after covid.
To find out more tel: 08088010722

Ulster University family court info website portal and pathfinder tool Launch event

## Celebrating the role of dads



My greatest enjoyment of being a Dad is seeing my children grow and progress. The most important skill for being a dad for me is patience. Children just need a little guidance. Don't take being a dad for granted and remember your child is only small for a short time so enjoy the journey as they grow.

As a father I have learned not to take life so seriously. I used to be concerned about others opinions but now I feel more sure of myself. I trust my instincts and I go with that. My advice to other dads is to parent your own way. Try not to compare youself to others.


Becoming a Dad is my greatest achievement ever. They are both my little trophies! I enjoy making memories every day. Watching them grow up into the amazing little people they are! Being a Dad changes you as a person. I suddenly found I had all these skills I didn't know I had.

## Dads Project Services



