

## MEDIA RELEASE

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# Being a Dad? It's AWESOME

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Helping men become great Dads is the aim of a new program being offered in Corryong.

Titled *My Dad Is AWESOME*, the interactive sessions help Corryong's Dads navigate the highs and lows of fatherhood while building stronger bonds with their kids. Over four sessions in May and June, Dads will have an opportunity to have their say and learn new ways of understanding, dealing and coping with the demands of fatherhood.

Upper Murray Family Care and Corryong Neighbourhood Centre have partnered with Towong Shire Council and the State Government to develop *My Dad Is AWESOME* specifically for rural Dads living in and around Corryong.

Towong Shire Council Mayor Cr David Wortmann encouraged Corryong's Dads to sign up.

"Fatherhood is a job for life and this project will help men learn the skills and tactics they need to be the best Dads possible," he said. "Having two kids of my own I know that being a Dad is incredibly rewarding — but it comes with its challenges too. *My Dad is AWESOME* is a great way to learn new skills to meet those challenges, create great memories with your kids and meet other Dads along the way."

"*My Dad is AWESOME* is focused on upskilling fathers while offering them helpful insight into the work of Maternal and Child Health nurses — who are there to help in a crisis."

"Whether you're a new Dad or you've been doing it for years, these sessions will have something for you."

### **Online Surveys - \$500 BCF Prize Pack Up For Grabs**

A short online survey has also been developed to better understand the needs of Corryong dads.

Surveys can be found online by visiting <https://www.surveymonkey.com/r/BQQMQC5> or Council's website [www.towong.vic.gov.au](http://www.towong.vic.gov.au)

Hard copies of the survey are also available from Corryong's Upper Murray Health and Community Services, Corryong Neighbourhood Centre or the Council offices in Hanson Street, Corryong.

All dads who complete a survey will go into a draw to win an Awesome Dads Bundle prize pack valued at \$500 from BCF. The prize allows the purchase of boating, camping and fishing recreational items that enable Dads to get outdoors and enjoy time with their children and family. A BCF display is located at the Corryong Neighbourhood Centre.

Surveys are open until Monday May 1st, 2017.

**My Dad Is AWESOME**

**When:** 9 May, 23 May, 6 June, 20 June (Tuesday nights)

**Where:** Corryong Neighbourhood Centre

**Cost:** Free

**Bookings:** 02 6071 5100

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