

## Online or over the phone

Family Relationships Online	ph. 1800 050 321	<a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a>
How Is Dad Going?	ph. 1300 726 306	<a href="http://www.howisdadgoing.org.au">www.howisdadgoing.org.au</a>
Mensline Australia	ph 1300 78 99 78	<a href="http://www.mensline.org.au">www.mensline.org.au</a>
Beyond Blue	ph 1300 22 4636	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>

## Online resources

Tweddle Dads Information Centre	<a href="http://www.tweddle.org.au">www.tweddle.org.au</a>
Sons of the Fathers DVD (inside a men's group)	<a href="http://www.fathersandsons.com.au">www.fathersandsons.com.au</a>
Online community for separated Dads	<a href="http://www.dadsonline.com.au/">www.dadsonline.com.au/</a>
Weekly parenting tips for Dads	<a href="http://www.thefatheringproject.org/">www.thefatheringproject.org/</a>
Men's Health Info & Resource Centre	<a href="http://www.menshealthaustralia.net">www.menshealthaustralia.net</a>
Fatherhood Institute – UK's fatherhood think-tank	<a href="http://www.fatherhoodinstitute.org">www.fatherhoodinstitute.org</a>
Fathering after separation	<a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>
Stay At Home Dad Bloggers	<a href="http://www.daddownunder.com.au">www.daddownunder.com.au</a> <a href="http://www.reservoirdad.com">www.reservoirdad.com</a> <a href="http://www.sahd.meetup.com">www.sahd.meetup.com</a>



Tweddle provide father inclusive programs that support families with children from birth to school age. Our services help strengthen relationships and support family wellbeing. We offer in-home, day stay and residential parenting programs, group work and psychology support. For more information about our services call us on (03) 9689 1577 or at [www.tweddle.org.au](http://www.tweddle.org.au)