



One Hundred Dads Project

Changing the community, one dad at a time.

The background

“There was a huge deficit in programs that supported dads in the very early years. Responding to research, Tweddle set about doing something about it.”

In 2016/17 fifty-nine dads from 17 suburbs across Melbourne’s west took part in a new pilot program called **‘Working Out Dads’** developed by men’s group-work academic Andrew King and Tweddle and partially funded by Wyndham City Council and North Western Melbourne PHN.

‘Working Out Dads’ is a therapeutic 6 week after hours program for dads of 0-4 aged children. The program combines one hour of facilitated discussion and a 30 minute workout for ten dads. Held in non-stigmatizing fitness centres, the program includes pre and post mental health and parenting confidence evaluation, hand-outs, weekly text messages, online resources, confidentiality and friendship.

‘Working Out Dads’ takes a preventative approach to men’s health, isolation, relationships and parenting confidence. The **Working Out Dads** pilot was associated with decreased depressive, anxiety and stress symptoms, increased parenting confidence and strengthened parenting behaviour and couple/family relationships.

The project

Tweddle has a goal to raise \$100,000 to support **One Hundred Dads** to participate in ten, 6 week Working Out Dads programs. We are seeking one hundred businesses & individuals to donate to help us reach our goal by July 2018. Tweddle will launch a Working Out Dads programs for **every \$10,000 raised** in the western municipalities of Maribyrnong, Wyndham, Brimbank, Moonee Valley, Melton and Hobsons Bay.

Tweddle’s **One Hundred Dads** is a social impact project & donations are tax deductible.
Tallies will be published at www.tweddle.org.au

‘Babies and young children need engaged, supported dads for better life outcomes’



Contact Kerrie Gottliebsen on (03) 8387 0623
Email Kerrie.Gottliebsen@tweddle.org.au
www.tweddle.org.au

