



DADS OF CHILDREN
AGED 0-5Y

Parenting Group 14 Weekly Sessions



Becoming a new parent is exciting, but it can feel overwhelming and, at times, challenging. The Mellow Dads group offers a supportive space where dads can learn about their child's development and build a strong bond with them. Focused on relationships, dads are encouraged to reflect on their own experiences and relationships by sharing their journey and supporting one another.

The group is informal, non-judgmental, and a perfect space for navigating your children's new phase while taking care of yourself.

Through strength video feedback, parenting workshops, mindfulness, crafts, videos and activities to support dads to connect with their children and to notice, understand, and respond to their child's signals in a timely and loving manner.

“I didn't realise how helpful it was to just talk about my childhood and share my experiences with others. It was just amazing, I feel so free and the Mellow group has helped me talk about my problems from the past in a safe and nurturing environment”

“When I started Mellow I did not have a great relationship with my daughter. This relationship has now got better. She is talking more and grown in confidence. I have had support around my ex partner and understanding of what a healthy relationship is and what I deserve.”



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