

Caring Dads

Safer Dads. Stronger Bonds.

A group-based intervention helping fathers build safer relationships and break cycles of harm.

Rebuilding Relationships Through Respect and Accountability

Caring Dads is a structured, evidence-based program that helps fathers change harmful patterns of behaviour, reconnect with their children, and build respectful family relationships. It provides a safe, supportive environment where men can explore the impact of their actions and learn new ways of relating—at home, and beyond.

This is a critical step for fathers ready to take responsibility and grow into healthier, safer parents.

The Program at a Glance

- **17 Weekly Group Sessions**
Guided by trained facilitators, each session explores parenting, relationships, communication, and emotional regulation.
- **Ongoing Risk and Safety Assessments**
Regular check-ins ensure accountability and support safety planning for affected family members.
- **Coordinated Support**
Linked with parallel therapeutic support for mothers and children through the Strengthening Families program.

Key Program Focus Areas

- Recognising how behaviours affect partners and children.
- Learning respectful parenting and communication strategies.
- Managing emotions and resolving conflict constructively.
- Rebuilding trust and understanding accountability.

Program Outcomes

- Safer, more engaged parenting.
- Increased emotional self-awareness.
- Reduced risk of harmful behaviours. Improved relationships with children and co-parents.

A Step on the Stronger Families Pathway

Caring Dads is part of the Stronger Families Pathway; a framework grounded in collaboration, continuity, and tailored support. Each program in the pathway addresses specific aspects of family and personal growth, ensuring participants receive the right support at the right time.

While some participants may take part in Steps Toward Caring beforehand to build readiness for group reflection, it's not a requirement. Caring Dads focuses on helping fathers take accountability, strengthen relationships, and create safer, more supportive environments for their children and families.



Who It's For

This program is for fathers who:

- Have caused harm in their families and are ready to take responsibility.
- Want to become safer, more present parents.
- Are committed to meaningful, long-term change.

Why It Works

- Based on an internationally recognised model.
- Delivered by trained professionals with experience in FDV intervention.
- Grounded in safety, accountability, and sustained behavioural change.
- Connected to a broader recovery pathway for families.

About Stronger Families

Stronger Families Foundation empowers men to strengthen relationships, protect children and foster safer communities by delivering tools, resources and evidence-based support. We are committed to preventing family and domestic violence through education programs that focus on fathers.

Based in Australia, we partner with workplaces, community services and local organisations to bring targeted, best-practice interventions directly to families affected by domestic violence. Our goal is to support fathers on their journey to change, helping them understand their impact, take responsibility and build positive, lasting relationships with their children.

Through collaboration, compassion and accountability, Stronger Families Foundation is dedicated to breaking the cycle of violence and enabling families to thrive in a safer, more resilient future.

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