

# Steps Toward Caring

*Face It. Change It. Step Forward.*

**Supporting fathers to take responsibility, reflect on their behaviour, and begin the journey toward respectful relationships.**

## **A Starting Point for Change**

Steps Toward Caring is a brief intervention program designed to support fathers in recognising harmful behaviours, understanding their impact, and building readiness for long-term change. Through guided reflection, skill-building, and personalised support, participants begin to take meaningful steps toward safer, healthier family relationships.

This short-term program often serves as the first step in the Stronger Families Pathway, preparing men to engage more deeply with group programs like Caring Dads.

## **The Program at a Glance**

- ***Up to 6 Tailored Sessions***  
Flexible and confidential one-on-one support focused on self-awareness, accountability, and emotional regulation.
- ***Personalised Case Management***  
Sessions are shaped around each participant's needs, goals, and readiness for change.
- ***Preparation for Group Programs***  
Helps participants build the insight, skills, and motivation needed to safely and effectively join Caring Dads.

## **What It Covers**

- Understanding the impact of behaviour on partners and children.
- Taking responsibility for past actions and decisions.
- Strengthening communication and emotional regulation.
- Identifying early signs of conflict and harmful behaviour.
- Setting short-term goals for behaviour change and personal growth.

## **Program Impact**

- Increased self-awareness and responsibility.
- Improved emotional regulation and communication.
- Reduced risk of repeated harmful behaviour.
- Readiness to transition into Caring Dads and other long-term supports.

## **Next Steps**

Fathers who complete Steps Toward Caring are supported to transition into the Caring Dads group program as the next phase of their journey.

This progression offers continuity of care and ensures that the insight, skills, and personal accountability developed during one-on-one sessions are further strengthened in a group setting; deepening their commitment to long-term change and safer family relationships.



## Who It's For

Steps Toward Caring is for fathers who:

- Want to improve their family relationships.
- Take responsibility for the impact of their actions.
- Are in the early stages of change and not yet ready for group work.
- May benefit from individual support before participating in Caring Dads.

## Why It Works

- Delivered in a non-judgemental, supportive space.
- Tailored to the specific challenges and readiness of each participant.
- Focuses on early engagement, reflection, and personal accountability.
- Builds confidence and motivation for next steps in the recovery pathway.

## 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.

## Contact Us

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