



Supporting Dads to have the best possible relationships with their families.

Are you a dad or a dad to be?

Want to be the best dad and partner you can?

How about information and resources just for dads?

Dad Matters is here to support dads with Attachment and Bonding, Supporting Mum's and Dad's Mental Health, Accessing Appropriate Services and Birth, Labour and Beyond.

Get in touch to find out about our workshops, targeted groups, one to one support and volunteering opportunities



Find us on social media to learn more about and share what being a dad means to you, your partner and crucially your baby!

Scan the QR code or See over for details...



@DadMattersUK

DadMatters.org.uk



Public Social Media

Main Facebook Page - @dadmattersuk

Dad Matters Twitter

- [Twitter.com/dadmattersuk](https://twitter.com/dadmattersuk)

Dad Matters Youtube channel

- [Youtube.com/dadmattersuk](https://youtube.com/dadmattersuk)

Dad Matters Instagram

- [Instagram.com/dadmattersuk](https://instagram.com/dadmattersuk)

Dad Matters Website

- Dadmatters.org.uk



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TikTok

Dad Matters closed groups

DADS ONLY

fb.com/groups/DadMattersUK



*Other specific local groups and pages can be found by
following our QR code...*

New Dad Workshop

Book your FREE place on our free class for dads

Dadmatters.org.uk/workshop



What else do we do?

Connect with us online or at one of our face to face events. Find out more online or by joining our mailing list

Dadmatters.org.uk/events

Dadmatters.org.uk/join-our-mailing-list