

## Are you a Single Dad?

## Are you a Separated Dad?

Parenting can be great, but we know that being a single dad or a separated dad can be tough sometimes. We know that getting a bit of support and advice, or even just someone to talk to, can improve family life for you and your children.



Here at **One Parent Families Scotland Dundee Family Support Services** we have a dedicated children and fathers worker who is here to listen, to give some advice and offer support. This can be about anything to do with being a dad.

If you are a single or a separated dad, feeling in need of a helping hand, our friendly worker, Claire, can help.

Get in contact by phoning or texting 501972/07793451316

Email: [familysupport.dundee@opfs.org.uk](mailto:familysupport.dundee@opfs.org.uk)

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