

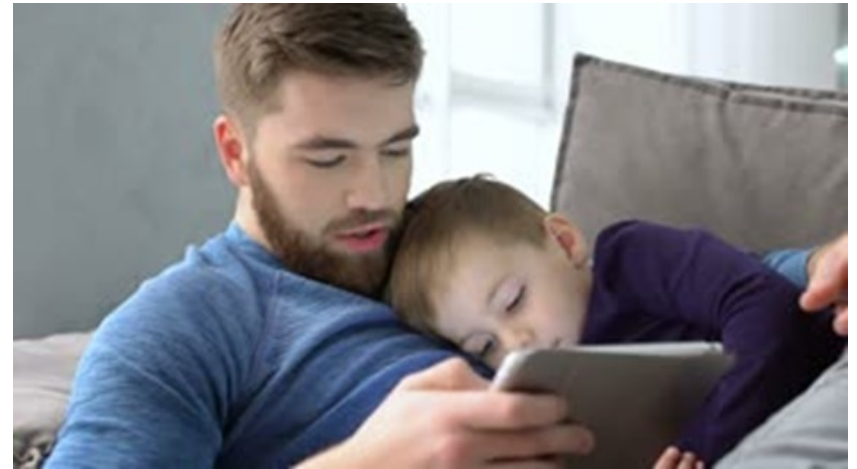
## **Support for all Single Dads & Separated Dads in Dundee**



Parenting can be great, but we know that being a single dad or a separated dad can be tough sometimes. We also 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.

One Parent Families Scotland Dundee Family Support Services has a dedicated children and fathers worker who is here to listen, to give some advice and offer support.

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## **What can we help with?**

There are all sorts of things that can affect family life for you and your family. We can provide help & info about things like:

- Increasing your 'Dad' skills**
- Contact arrangements/issues**
- Separation & family relationships**
- Family activities to join**
- Household & finance matters**
- Children's health & wellbeing**



Get in contact by phoning or texting Claire

01382 501972 or 07793451316

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

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