MATUA KI TE MATUA

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Regulate Yourself. Connect With Your Child. Change the Legacy.

WELCOME TO MATUA KI TE MATUA
We're glad you're considering joining our fatherhood & parenting support programme.

Fatherhood is a journey, and every father brings his own experiences, strengths and hopes for his children. This programme is an opportunity to learn, grow, connect with other fathers and build the kind of relationship you want with your children.

You don't need to have everything figured out, and there are no right or wrong answers in this form. Share only what you're comfortable with. We're here to support you on your journey.

1. GETTING TO KNOW YOU

Full name _____

Name you'd like us to call you _____

Date of birth _____

Phone number _____

Email address _____

Suburb / general area _____

2. YOUR FATHERHOOD JOURNEY

Which best describes your role? (Tick any that apply.)

- ☐ Father
- ☐ Stepfather
- ☐ Grandfather raising or supporting grandchildren
- ☐ Father figure or significant male caregiver
- ☐ Expectant father
- ☐ Other: _____

How many children are you a father figure to? _____

What are their age groups? ☐ Under 5 ☐ 5–12 ☐ 13–17 ☐ 18+

Is there anything about your fatherhood journey you'd like us to understand? (Optional)

_____

_____

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3. WHAKAPAPA, IWI, HAPŪ & CULTURAL CONNECTIONS (OPTIONAL)

Sharing this information is entirely your choice. It can help us understand and acknowledge the people, places, values and connections that are important to you. Your cultural identity and connections are valued. Share only what you feel comfortable sharing. There is no expectation to provide whakapapa details or participate in cultural practices.

For Māori fathers (if you wish to share):

Whakapapa / whānau connections _____

Iwi _____

Hapū _____

Marae / whenua / rohe _____

For non-Māori fathers (optional):

Are there cultural, ethnic, spiritual, faith, family or community connections you would like us to understand or acknowledge?

_____

_____

Would you like any of these connections reflected in the programme or how we support you?

- ☐ Yes, if possible
- ☐ No, thank you
- ☐ I'm not sure / I'd prefer to discuss this

4. WHAT BRINGS YOU HERE?

What motivated you to register? (Tick any that fit.)

- ☐ I want to strengthen my relationship with my child / children.
- ☐ I want to understand myself and my own upbringing better.
- ☐ I want to manage stress, frustration or strong emotions differently.
- ☐ I want practical ideas for parenting and communication.
- ☐ I want to connect with other fathers and learn alongside them.
- ☐ I want to become the father I aspire to be.
- ☐ Someone encouraged me to come.

Something else _____

What are you hoping to gain from being part of Matua ki te Matua?

_____

_____

What is one strength you bring to fatherhood? (Optional)

For example, being present, providing for your family, showing love, listening, protecting your children, being willing to learn, or trying to do things differently.

_____

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5. HELPING YOU TAKE PART

Is there anything practical that could make attending easier for you?

☐ Transport
☐ Work, childcare or scheduling considerations
☐ Accessibility, language or other support
☐ I'm not sure yet / I'd prefer to discuss this
☐ No support needed at this stage
☐ Other circumstances I'd prefer to discuss privately.

Optional details:

_____

_____

6. A CONVERSATION BEFORE WE BEGIN

Would you like to speak with the facilitator before the programme starts?

☐ Yes, please contact me.
☐ No, I'm happy to wait until the programme begins.
☐ I'm not sure yet.

Best way to contact you ☐ Phone ☐ Text ☐ Email

Best time to contact you (optional) _____

7. PROGRAMME INFORMATION & ACKNOWLEDGEMENT

Matua ki te Matua is a supportive fatherhood and parenting programme focused on understanding yourself, understanding your child, emotional regulation, connection, communication, and the legacy you want to build. You can take part at your own pace. You will not be pressured to share personal experiences with the group.

☐ I understand the general purpose of the programme and would like to register.
☐ I understand that the facilitator may contact me about my registration and practical arrangements.
☐ I understand that information I provide will be handled in line with Canterbury Men's Centre privacy practices, and that any limits to confidentiality will be explained by the facilitator.

Participant name _____

Signature (or verbal confirmation recorded by facilitator) _____

Date _____

THANK YOU FOR TAKING THIS FIRST STEP

Choosing to invest in yourself and your relationship with your children is a meaningful step.
You don't need to be a perfect father. What matters is your willingness to reflect, learn and keep growing.
We look forward to walking alongside you on your fatherhood journey.

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