

Media Release **Embargo Thursday 7<sup>th</sup> May 2020**

## **The 2Calls2Dads Challenge launches to help Dads during COVID-19**

Local Brisbane initiative kicks off with Duncan Armstrong and Petero Civoniceva  
supported by The Fathering Project

This is a challenging time for all families. A friendly check-in from a mate can make a big difference. 2Calls2Dads is the brainchild of Brisbane Dad Ken Houliston from The Fathering Project (national charity), who encountered many dads needing just that, a friendly chat, and someone to share their worries with.

The 2Calls2Dads Challenge invites blokes to call two other dads each week and ask them how they are going during the COVID-19 crisis. The purpose of the call is for dads to check in with their mates, talk about how they are going, and to share tips and strategies on how best to manage the challenges facing their families at this difficult time.

Says Ken, "you simply have to commit to calling two dads each week for 12 weeks. You can call as many as you like, but we want to create something manageable across Australia - no matter where you live in the city or the country, we want you to check in on two other dads each week and ask them how they are going.

Olympic Gold Medalist Duncan Armstrong launched the initiative with his first call going to Queensland NRL legend Petero Civoniceva. On the call Duncan commented he was struggling a little with the isolation thing and the kids at home, but said this is why he was calling Petero to tell him about the 2Calls2Dads, and encouraging him to reach out to his mates.

Says Duncan, "what is really good about this program is that the website and support videos help you with a structure for the call, a framework to call 2 mates who are dads, see what they're doing and lend support - if they need it. It's an opportunity to make sure they're coping with their kids at home, their partners and everything that goes into being a great dad".

Petero commented that he had mates who were doing it really tough having lost their jobs. Now all of a sudden they were finding it strange being at home, trying to work out the best way to manage their time, support their kids with online schooling, their partner with chores around the home, and at the same time deal with their loss of identity.

"I think this is an amazing tool for blokes to jump on and make connections and check in with their mates. I have a long list of people I need to call. This is a fantastic way to get through this challenging time, but more importantly to be the best dad you can possibly be for the family", said Petero.

2Calls2Dads is an initiative of The Fathering Project which is hoped will become a national movement to support dads, and which in turn will help kids, families and communities build strong, safe nurturing environments during the COVID-19 period, and the road to recovery ahead.

How to get started? Simply log onto [www.2calls2dads.org](http://www.2calls2dads.org) and follow the registration details.

### **About the Fathering Project**

The Fathering Project is Australia's leading not-for-profit helping to build brighter futures for Australian kids by inspiring and equipping fathers and father figures to become more involved and engaged. and improve health, social, emotional and educational outcomes for their children.

The organisation develops programs that are underpinned by research and are implemented through schools, workplaces and community groups.

### **Media Assets:**

<https://thefatheringproject.sharepoint.com/:f:/s/TFPPublic/EhfUznKqVblKgUofqe1m-4QBsgHNTLBYI8Y3N06kvw17mg?e=Pqi4FH>

- Interview with Duncan and Petero making first call
- Video on the how and why of 2Calls2Dads
- Photo selection Duncan Armstrong
- Digital clip of 2 Anzacs calling each other to check in

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