

BE THE DAD THEY'LL ALWAYS BE PROUD OF.

Fatherhood is about love, guidance, and being present. Every moment shapes your child's future. Here's how you can make a lasting impact:

SHOW UP EVERY DAY

Your presence shapes their future—be there for the big wins and small moments.

LEAD WITH LOVE

Guide with patience, listen with heart, and teach with kindness.

MODEL STRENGTH & CARE

Show them resilience and compassion—be the hero they look up to.

• HAPPY •
Father's
DAY

INVEST IN TIME

Time is your greatest gift—make every second count for your family.

BUILD LASTING BONDS

Create memories through play, talks, and shared adventures.

Being a father comes with challenges, but you don't have to face them alone.

Reach out to LifeAssist when you need parental guidance or someone to confide in.

COUNSELLING . LIFE COACHING . HEALTH ADVICE



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint



FREE • VOLUNTARY • PROFESSIONAL • PRIVATE • CONFIDENTIAL