

# NURTURING FATHERS Program

At Families Network of Western CT, Inc.

Tuesday evenings

Nov 9, 2021 through Feb 15, 2022

6:00 – 8:30 pm

Location: The Joy Center

264 Main Street, Danbury (203) 791-8773

*A men's program (dads, grandfathers, uncles, mentors and other fathering-figures welcome) designed to help fathers let go of fathering practices that don't work, adopt new practices that increase their self-concept, and work toward more nurturing, rewarding relationships with children and partners.*



## Some topics that will be covered:

Unique role of fathers

Relating to feelings

Fathering sons / Fathering daughters

Communication / Conflict resolution

Stress and anger management

Teamwork / Co-parenting

Self-nurturing principles

Time, work, and fathering

Discipline / Limits



**Register now by calling 203-791-8773**

The Nurturing Fathers Program is a 13-week fathering training course designed to teach parenting and nurturing skills to men. Each 2 ½ hour fathering class provides proven, effective skills for healthy family relationships and child development.

Light Dinner is provided.