



DePelchin
CHILDREN'S CENTER

24/7 DAD® FATHERHOOD PROGRAM

Group classes in an engaging, relaxed & casual atmosphere open to all fathers & father role models

Choose your pace!

6-week workshop – 2 sessions a week

12-week workshop – 1 session a week



**Information &
Registration:**

Joshua Williams
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(713) 245-9859

Workshop Sessions Schedule:

1. **Family History:**
What it Means to Be a Man and My Role
2. **Discipline:**
Morals and Values. Rewards and Punishment.
3. **What it Means to Be a Man:**
Today's Man. Body Image.
4. **Children's Growth:**
Goals and Self-Worth. Nature or Nurture?
5. **Showing and Handling Feelings:**
Holding Feelings Inside. Grief and Loss.
6. **Getting Involved:**
Ways to Be Involved. Helping My Children Do Well in School.
7. **Men's Health:**
Stress and Anger. Physical Health.
8. **Working with Mom and Co-Parenting:**
Parenting Differences. Walking a Mile in Her Shoes. I'm Okay, She's Okay.
9. **Communication:**
Ways to Communicate. Talking with Children.
10. **Dads and Work:**
Work and Family. Balancing Work and Family.
11. **The Father's Role:**
The Ideal Father. What Kind of Father am I? Benefits of Marriage.
12. **My 24/7 Dad® Celebrations/Certificate**

**Refreshments will be provided. Prizes and incentives included (gift cards, sports tickets, etc.)*

DePelchin Children's Center
4950 Memorial Drive
Houston, Texas 77007

A brighter tomorrow for children and families in Texas.