

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



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Workshop Sessions Schedule:

Family History: What it Means to Be a Man and My Role

Discipline: Morals and Values. Rewards and Punishment.

What it Means to Be a Man: Today's Man. Body Image.

Children's Growth: Goals and Self-Worth. Nature or Nurture?

Showing and Handling Feelings: Holding Feelings Inside. Grief and Loss.

Getting Involved: Ways to Be Involved. Helping My Children Do Well in School.

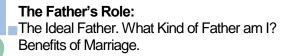


Stress and Anger. Physical Health.

Working with Mom and Co-Parenting: Parenting Differences. Walking a Mile in Her Shoes. I'm Okay, She's Okay.

Communication: Ways to Communicate. Talking with Children.

Dads and Work: Work and Family. Balancing Work and Family.



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.