

# 24/7 Dads

A program of Children & Families of Iowa

## FREE 12-week group for dads



**Join 24/7 Dads, a free 12-week group designed to help with the challenges of fatherhood. Topics include:**

- **Childhood Male Role Models** – A father's involvement in his child's life has a powerful effect on the child's development. Learn what it takes to become a good role model for your child.
- **Communication Between Father and Child** – Healthy families are able to communicate effectively. Explore ways to improve communication with your child and other family members.
- **Good Fathering Practices** – Effective fathering is different for each father. Set goals and objectives for yourself in order to gauge the progress you and your child are making.
- **Co-parenting** – Shared custody can be difficult and the stress can have a negative effect on your child. Learn skills to constructively manage co-parenting situations, making it easier to raise a healthy child and treat the mother of your child with respect.

***Sessions are free of charge. Topics change each meeting.***

For more information or to register, contact:

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