

The Nurturing Fathers Program

A 'free' 13-week program tailored to meet the needs and learning styles of any man parenting a child!

The class focuses on the value of fathers and explains:



- The Roots of Fathering
- Nurturing Our Children and Ourselves
- Fathering Sons/Fathering Daughters
- Discipline Without Violence
- Play
- Managing Anger/Resolving Conflict
- Teamwork with Spouse/Partner
- Communication/Problem Solving
- Balancing Work and Fathering
- Cultural Influences
- Dealing with Feelings
- The Father I Choose to Be



Classes will be held on Thursday's from 12:30-2:30 p.m.

- September 1, 8, 15, 22, 29
- October 6, 13, 20, 27
- November 3, 10, 17,
- (no class Thanksgiving Day)
- December 1

Location:

Educare Central Maine
56 Drummond Ave.
Waterville



Snacks and Childcare Provided

Advanced notice will be needed for childcare!



Pre-registration is required!

Registration Deadline: Thursday, August 11th.

Contact:

Ruth Lessard 859-1514

Deb Rich 859-1580

Sponsored By:

KVCAP's Family Enrichment Council

Educare Central Maine

George J. Mitchell School