



Week by Week

1

Family History

Welcome to the first week of the program! During this lesson you will meet the workshop facilitators, agree on class rules and meet fellow classmates. You will reflect on your family history during this lesson.

2

What it Means to be a Man

You will reflect on the traits you admire of being a man, and learn about body image.

3

Showing and Handling Feelings

You will reflect on how you showed your feelings growing up and what it means to you now to show your feelings. Grief and loss are also addressed.

4

Men's Health

You will learn of various ways to take care of yourself and discuss the importance of being healthy.

5

Communication

Learn and practice techniques to help minimize communication challenges and learn how to talk about issues more respectfully.

6

The Father's Role

Reflect on the memories you had with your dad or father figure growing up, relationships, and identify the traits you have as a father and partner.

7

Discipline

Learn about different discipline styles and how your discipline style is viewed by your child/children.



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8

Children's Growth

You will review the children's ages and stages chart and learn about healthy ways to communicate with your child depending on your child's age.

9

Getting Involved

Learn of various ways you can be involved in your children's lives even if you do not live with them.

10

Working with Mom and Co-parenting

Learn of healthy ways to work with mom when it comes to co-parenting. Moms and dads have different parenting approaches and both styles are important for a child's healthy development.

11

Dads and Work

Learn of ways to balance your work and family life by discussing your work stressors.

12

My 24/7 Dad Checklist

Reflect on the program and finalize your 24/7 Dad Checklist.

Financial Literacy Workshops

Additional workshops focused on financial literacy will be held for program participants. Topics of conversation include budgeting, education on savings, importance of setting financial goals, and much more! You will receive a \$25 gift card for attending!

Co-parenting Curriculum (optional)



An additional 3-4 hour curriculum focused on co-parenting will be available to participants who complete the primary workshop series. You can choose to complete this curriculum as a self-paced online course or attend a workshop taught by a Facilitator.