





SECOND TUESDAY OF EACH MONTH 6:30PM-7:30PM ON ZOOM

Studies show that children grow up happier with nurturing fathers in their lives:

- Hear how other dads are juggling children and families
- Gain skills to handle challenging behaviors and build your toolbox for effective parenting
 - Learn strategies to manage stress and communicate effectively
 - Connect with other dads in sharing, resources and camaraderie