



REGISTER TODAY!

Contact Parenting Journey
for more information.

UPCOMING PROGRAM

January 18 - April 5, 2018

Thursdays, 5:30-7:30pm
(English)

LOCATION

Somerville, MA

DURATION

2 hours a week for 12 weeks

COST

Free! Complimentary childcare and
family-style meal provided.

PARENTING JOURNEY FOR FATHERS

Parenting Journey is open to everyone. No matter where you are from, no matter what your background, you are welcome at Parenting Journey. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.

PARENTING JOURNEY FOR FATHERS | PROGRAM

Offered in English

In Parenting Journey for Fathers, a small group of fathers and father figures meet for 2 hours a week for 12 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare.

Fathers have a lot to contribute to their child's lives. This program helps fathers and father figures improve their relationships with their children and families while becoming the men

and dads they aspire to be. Through a combination of hands-on activities and guided discussions, you will develop knowledge and skills that support you as a parent and role model. By reflecting on your own childhood, you will be able to choose what kind of father you want to be and create your own style of parenting – one that reflects your personal vision and values.

WHAT'S IN IT FOR YOU

In a supportive setting, we will work with you to uncover your inner strengths and help you achieve your goals.

- Tackle everyday stressors and challenging situations.
- Learn about local resources available.
- Build community among other fathers and expand your support network.
- Identify your talents and increase your resiliency.
- Increase your ability to nurture yourself and your children.
- Build greater trust, empathy, and honesty.
- Be heard and accepted.
- Become more confident and optimistic about achieving personal goals.
- Become the dad you've always dreamed of being.



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