

# Attention Dads!



**NEKCA is starting a group to help good men be better fathers**

*24/7 Dad® is a nationally recognized program designed for any dad who wants to improve his knowledge and skills to help him raise healthy children.*

## **Sessions will cover**

- Family History
- What it Means to Be a Man
- Showing and Handling Feelings
- Men's Health
- Communication
- The Father's Role
- Discipline
- Children's Growth
- Getting Involved
- Working with Mom and Co-Parenting
- Dads and Work



**Come meet with other dads to share stories, learn new skills and support each other.**

Classes will meet at The NEKCA Parent Child Center, 115 Lincoln Street, St. Johnsbury.

To sign up or get more information please call 802-487-4078 or e-mail [wrobertson@nekcavt.org](mailto:wrobertson@nekcavt.org)