

Just For Dads ... parenting when you're single

- Are you a dad parenting by yourself and feeling that you're alone?
- Are you looking for concrete and practical ways to build your child's self-esteem?
- Do you wonder how to set reasonable behaviour limits for your child?

Under the expert direction of Tim Paquette at Family Services à la famille Ottawa, this eight-week course offers an informative and interactive exploration of the challenges and opportunities facing fathers parenting on their own.

Come and meet with other single fathers to discover new strategies for making parenting more effective, less stressful and more rewarding – for everyone.

When: Wednesday's – February 1 to March 28, 2012 (March 14 excluded)
6:30 p.m. to 8:30 p.m.

Where: Family Services Ottawa, 312 Parkdale Avenue

Cost: There is no charge.

For information and registration, please contact us at 613-725-3601 extension 207.

Get the *parenting edge!*