



Tuesday Evenings, Starting February 7

6:00 pm - 7:30 pm

(For dads who are parenting and under the age of 26 or co-parenting with a partner under the age of 26)

Super Kids . . . they come from Super Dads. Though it would be nice if children were able to grow on their own and develop into mature adults who contribute to this world, it takes a lot of sweat and effort for this to happen. Good kids don't just happen . . . they are nurtured by caring, involved, and responsible adults. And for the 8 sessions of Super Dads Super Kids, the focus is on responsible fathers – men who make a conscious choice to be the solid role models kids are longing for and need today.

The 8 sessions of the SDSK program are:

- The Role of the Super Dad
- Watch Me Grow! - Child Development
 - Listen Up! - Communication
- Emotions and Emotional Health
 - Discipline and Setting Limits
- Physical Health - Activity and Nutrition
- Physical Health - Injury Prevention
 - Family/Life/Work Balance



Register at front desk or by phone:

1140 Wellington St, Ottawa, (613) 725-1733



Bethany Hope Centre
COMPASSION. COMMUNITY. CHANGE.