

Just For Dads...the nuts and bolts of parenting

- Are you looking for ways to build a strong relationship with your child?
- 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 Ottawa, this eight-week course offers an informative and interactive exploration of the challenges and opportunities facing fathers parenting.

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

When: Tuesdays: September 15, 2020 – November 3, 2020

Time: 6:30 pm - 8:30 pm

Where: Zoom Health Video Conferencing

Cost: Children's Aid Society (CAS) clients Free
Non CAS clients \$175.00

Please visit us at www.familyservicesottawa.org to register online

For information email wsmith@familyservicesottawa.org or call 613-725-3601 ext. 108