



WHAT TYPE OF **FATHER** DO YOU WANT TO BE?



JOIN OUR **FREE** FATHER FIRST NURTURING PROGRAM TODAY



Be Strong International and its parenting program **Raising The Bar Parent Alliance** are now offering a program that aims to provide educational assistance to fathers and male caregivers through a 13-week series of in-person group sessions. These sessions will be guided by a BSI facilitator who is extensively trained and certified in the Father First Program. The program will cover various topics, such as:

- ✓ The Roots of Fathering
- ✓ Nurturing Ourselves/Our Children
- ✓ Fathering Sons/Fathering Daughters
- ✓ Discipline Without Violence
- ✓ Playing with Children
- ✓ Managing Anger/Resolving Conflict
- ✓ Teamwork with Spouse/Partner
- ✓ Balancing Work and Fathering
- ✓ Communication and Problem Solving
- ✓ Cultural Influences
- ✓ Dealing with Feelings
- ✓ The Father I Choose To Be

Participants are eligible for up to two virtual make-up sessions. Given that the sessions occur consecutively over a 13-week period, any virtual make-up sessions must be finalized within five days from the date of the missed session.

This program is made possible by the support of the Florida Department of Children and Families.



WHAT SETS OUR PROGRAM
APART FROM OTHERS?
OUR UNIQUE AND HOLISTIC APPROACH!

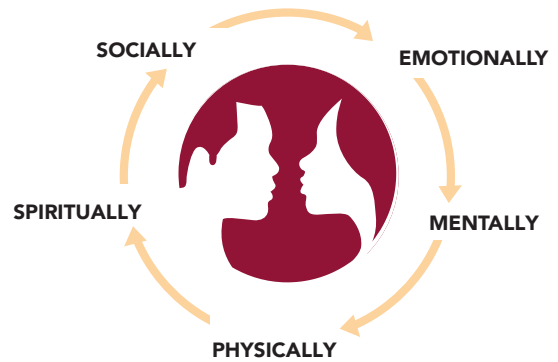
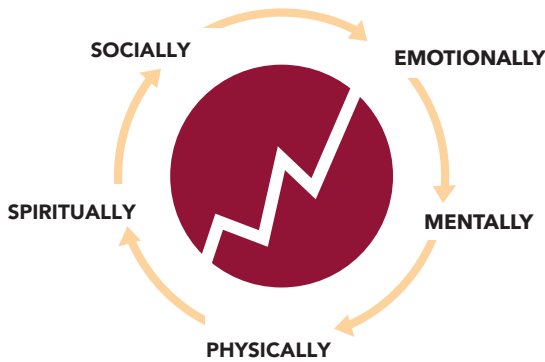


Our goal is to move individuals and families from brokenness to wholeness through Heart Skills™ training.

BROKEN LIFESTYLE



BE STRONG LIFESTYLE



Brokenness consists of negative patterns or traumas that individuals experience which may hinder them from being their best selves emotionally, mentally, physically, spiritually, or socially. We address all these aspects through our success coaching and specialized workshops.

Contact us or scan for more information.



Our services are offered in Miami-Dade and Broward County

