

BECOME THE DAD YOU ALWAYS WANTED TO BE!



JOIN OUR **FREE** PROGRAM TO BECOME A **SUPER DAD!**



**Contact Us for more
information or Scan QR
Code to pre-register.**



Father First



Be Strong International and its Parent Services Division are offering a **Nurturing Fathers Program** called **Father First** to fathers and male caregivers through a 13-week series of 2-hour in-person group sessions.

OUR SERVICES INCLUDE:

- ✓ Group parenting support & education
- ✓ Workshops in English & Spanish
- ✓ Referral services
- ✓ Self-nurturing practices
- ✓ Role-modeling positive parenting techniques
- ✓ Tips for healthy work-life balance
- ✓ Fostering positive father-mother relationships
- ✓ Tips for co-parenting collaboration
- ✓ Strategies for how to discipline effectively
- ✓ Education on how to navigate through child support processes
- ✓ Paid Peer Coach opportunity (**offered to program completers)
- ✓ Support for fathers transitioning from a period of incarceration (if applicable)
- ✓ Graduation celebration (upon completion of program)
- ◇ Achievement certificates

We EMPOWER fathers and male caregivers with practical tools and guidance to foster positive interactions with their child(ren). Through our program, we aim to enhance your skills to create lasting, positive changes in your parenting relationships, incorporating the tools offered through our unique Heart Skills® framework.

**** To be eligible to join, participants must live in Miami-Dade or Broward County, have children between the ages of 0-17, and be able to commit to meeting consecutively for the 13-week program (2-hour weekly sessions).**