



## FATHERS OF YOUNG CHILDREN SUPPORT GROUP

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### DECEMBER 1 - "There's more to this father thing than I thought!"

In our first session we will be discussing the father's role and its importance in the rearing of his children.

### DECEMBER 8 - "That's it!! I've had enough!!"

We will discuss positive discipline strategies to use with your child.

### DECEMBER 15 - "How many times must I tell you to quit hitting your brother?"

Are you having trouble with your children fighting, arguing, and just not getting along? Group members will discuss the causes of sibling rivalry as well as ideas on dealing with this frustrating and common problem.

### DECEMBER 22 - "He's my kid, too!"

A family attorney will be present at this meeting to discuss with the group what rights a father has in the rearing of his children. The session is open to all fathers, but will be of special interest to single, or soon-to-be single, fathers.

### JANUARY 5 - "My kid knows more than me!"

Come and find out how a child learns. Discussion will center on your child's learning speed and capabilities.

### JANUARY 12 - "She what???"

Sometimes your ex will do something that really upsets you. Our discussion will include how to communicate with your ex in a cooperative and courteous manner.

### JANUARY 19 - "I give up! I can't take it anymore!"

The group will discuss the causes of stress, the signs of stress, and will learn different skills in coping with stress. We will also discuss how a father's stress level can interfere with the relationship between the father and child.

### JANUARY 26 - "Don't you talk back to me!!"

Unfortunately, respect and responsibility are sadly lacking in many homes and schools today. In this session, group members will discuss various techniques to help a child learn these two very important character traits.

### FEBRUARY 2 - Dollars and sense

Having trouble controlling your finances? Scott Severson (financial consultant) will be our guest and will present to the fathers some ideas on handling finances responsibly. We will also discuss different agencies and programs that provide help with finances.

**Each father will be given a \$10 gift card from Walmart, Target, or Stop-N-Go Gas & Convenience Store at the end of each session he attends.**

*Meetings are held at the Family Service Center, 715 11<sup>th</sup> St. N., Moorhead from 6:30- 8 p.m., Head Start wing (The Head Start wing is at the very west end of the first floor of the building)*

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