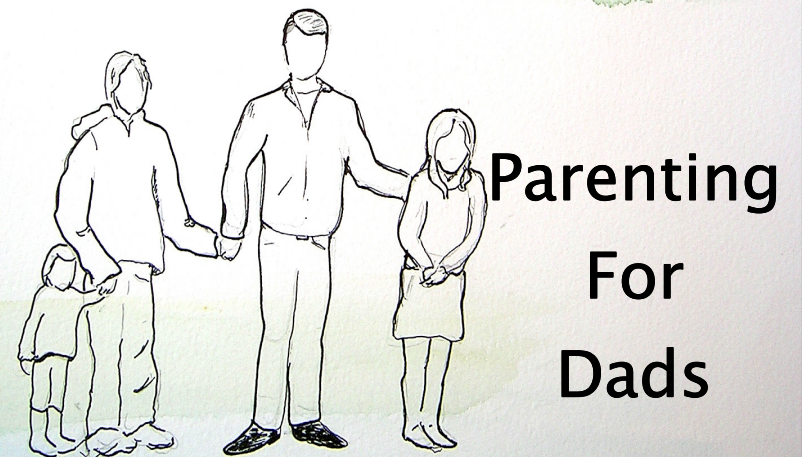
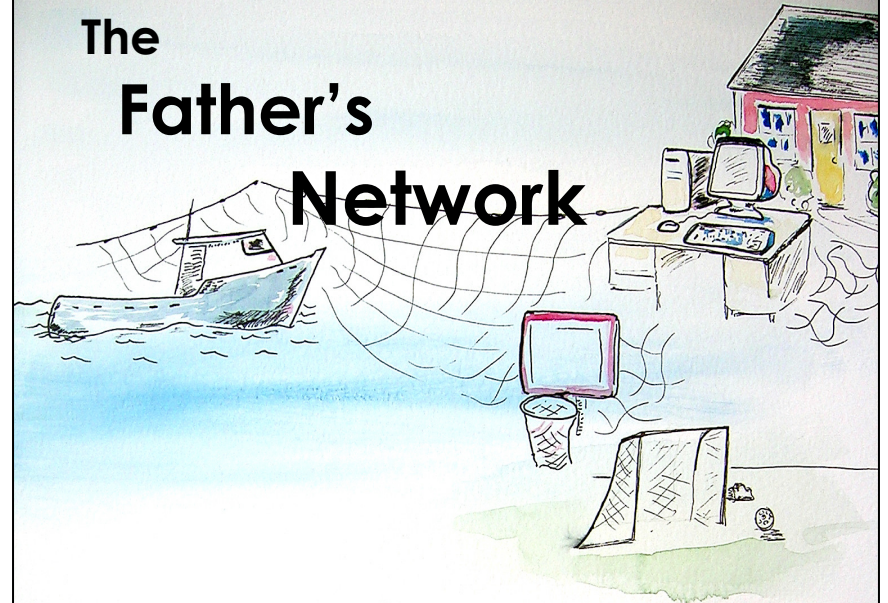


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# The Father's Network



## Parenting For Dads

**A group for Dads developed and offered  
by the staff of  
The Janeway Family Centre**

*It is much easier to become a father than to be one.*

*-- Kent Nerburn*

### ***What is The Father's Network?***

The Father's Network is a fun and informative group for fathers.

We talk about "Dad's stuff":

- research showing the importance of fathers
- media images of fathers in popular culture
- the meaning of fatherhood
- how being a Dad has enriched our lives

We also talk about "Kid's stuff":

- child development
- communication
- discipline
- building positive relationships in your family

### ***What is The Father's Network Like?***

The group is led by 2-3 social workers and/or psychologists (who also happen to be Dads!). In groups of 8-12 men, you'll get an opportunity to discuss topics in 5 weekly 2-hour evening sessions.

This group is *not* boring! We'll watch videos, try fun activities, and have a laugh or two.

### ***Why Come to The Father's Network?***

This group is for fathers who want to:

- learn parenting skills
- build better family relationships
- discuss issues unique to fathers
- connect with other Dads in the community

Research shows that Dads really matter. We know that children with involved, loving fathers are more likely to lead happy, healthy lives. As staff of the Janeway Family Centre, we want to provide a supportive environment for fathers to learn, exchange ideas, and benefit from the experiences of other Dads.



Give it a try! Come learn and have fun in a "Dad friendly" environment!

If you are interested, please call:

**Central Intake**

Tel: 777-2200

