

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: Wednesdays – February 3 to March 23, 2016

Time: 6:30 p.m. to 8:30 p.m.

Where: Family Services Ottawa, 312 Parkdale Avenue

For information and registration, please contact us at 613-725-3601 extension 207 or visit us online at www.familyservicesottawa.org.

Get the *parenting edge!*