



UNDERSTANDING DAD- FOR MOMS

- Enhance Communication: Learn effective strategies to understand and communicate with your partner, fostering open dialogue about parenting styles and emotional expression for a more cohesive parenting approach.
- Gain Insights into Fathers' Perspectives: Explore unique insights into fathers' behaviors and viewpoints, helping you to appreciate their roles and contributions to the family dynamic.
- Strengthen Teamwork in Parenting: Participate in interactive activities and discussions that emphasize the importance of collaboration in co-parenting, promoting a united front in raising happy, healthy children.
- Create a Harmonious Home Environment: Discover tools and techniques to improve family dynamics, ensuring a supportive and nurturing atmosphere for both parents and children, ultimately leading to a happier household.

**JOIN US VIRTUALLY STARTING WEDNESDAY
JANUARY 15, 2025, AT 5:30 PM**

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