



UNDERSTANDING DAD- FOR MOMS



City of Phoenix

HEAD START
BIRTH TO FIVE PROGRAM

AN AWARENESS & COMMUNICATION PROGRAM FOR MOMS

A nine-week workshop focused on building awareness and enhancing communication skills to help mothers better understand their partners or their child's father.



- **Enhanced Communication Skills:** The program provides tools and techniques for effective communication, enabling mothers to express their feelings and needs clearly while encouraging open dialogue with their partners.
- **Understanding Male Perspectives:** Participants will gain insights into the unique challenges and emotional experiences that fathers face, fostering empathy and reducing misunderstandings.
- **Building Collaborative Parenting:** The program emphasizes teamwork between parents, helping moms and dads align their parenting approaches to create a more cohesive family environment.
- **Practical Strategies for Conflict Resolution:** Mothers will learn strategies to address and resolve conflicts constructively, promoting a harmonious household atmosphere.
- **Supportive Community Engagement:** The program encourages mothers to connect with peers for shared experiences, advice, and support, creating a network of understanding and collaboration.



Starts January 29



9:30 am -10.30 am



Dr. Marvene Child Care
6250 W Durango St
Phx, AZ 85043



RSVP: Jennifer
602-501-3799

Open to all Mothers!
We hope to see you there!