



# NURTURING FATHERS PROGRAM



The Nurturing Fathers Program is an evidence-based, 13-week training course designed to teach parenting and nurturing skills to fathers and father figures. Each 2-hour class provides proven, effective skills for healthy family relationships and child development.

## Essential elements of the program include:

- ✓ Nurturing our Children
- ✓ Teamwork w/ Partner/Spouse
- ✓ Improving Communication
- ✓ Teaching Nurturing Concepts
- ✓ Nurturing Ourselves
- ✓ Reflection on One's Self
- ✓ Managing Anger
- ✓ Resolving Conflict

## DAYS & TIME

**Tuesdays, 6pm to 8pm  
ONLINE**

**Start Date: May 21st, 2024  
End Date: August 13th, 2024**

**PLEASE  
REGISTER  
HERE**



## CONTACT US

**Trainers:  
Christopher Smith &  
Jason Trotts**

**Call:  
503-779-9692**

**Email:  
christophers@ofsn.net**



**Oregon  
Family Support  
Network**

