

Do you need a place to talk  
to other men about your  
experience as a father?



Building Healthy Families  
since 1988

To preserve, stabilize, and strengthen  
families in our community through  
education, training and support.

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[www.buildinghealthyfamilies.ca](http://www.buildinghealthyfamilies.ca)

Funding for our programs provided by  
Ministry of Children & Family Development,  
United Way, and a Private Donor.

## WHAT OTHERS ARE SAYING

*"I appreciated knowing that I was not  
alone and that other men were going  
through similar situations as myself."*

*"Reassured my role as a father."*

*"A great learning experience... to help  
me become a better father for myself  
and children."*

*"Having a place to talk about our  
problems was valuable. Knowing you  
have a safe venue and a listening ear  
makes all the difference."*

**NURTURING FATHERS**  
**PROGRAM**



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# ABOUT

The NURTURING FATHERS program is designed to help fathers learn new practices that help build nurturing, rewarding relationships with children and partners.

## 12 weeks

Once a week  
6:30 - 9:00 pm

at Building Healthy Families  
1390 K.L.O. Road  
Kelowna, BC

Cost: FREE

For more information  
call our office at  
250-861-4933

# TOPICS

- Unique role of fathers
- Personality types
- Resolving conflict
- Building children's self-esteem
- Characteristics of an involved father
- Fathering daughters/ fathering sons
- Parenting Styles
- Discipline / Setting Limits
- Stress / Anger Management
- Communication Skills
- Time, work, and fathering

# REFERRALS

Referrals for our services are accepted from Ministry of Children and Family Development, Public Health, community agencies, family and friends, or self.



*"Involved fathers bring positive benefits to their children that no other person is as likely to bring."*

Dr. D. Popenoe