

C.O.P.E.

Counseling Options and Parent Education

We Listen. We Act. We Care.

Family
Support
Center

Supporting Father Involvement

Supporting Father Involvement (SFI) is rated by the California Evidence-Based Clearinghouse as supported by research evidence.

CLASS INFORMATION

WHEN

Classes Meet on Mon-Thur
6:00 –8:00pm

WHERE

C.O.P.E. Family Support
Center via the Zoom
videoconferencing platform

Note : Participants must join
with both audio and video to
receive credit

C.O.P.E. Family Support Center recognizes the importance of the father's role in their child's life. Based on research, evidence shows that father involvement emerges in the context of a system of relationships. Each group meeting will emphasize central aspects of family life to target several risk and protective factors and to encourage fathers' active involvement in their children's lives.

Discussion Topics

- Develop strategies for coping with stress in your work and personal life.
- Learn proven co-parenting and conflict resolution skills.
- Develop greater self-confidence and beat depression and anxiety.
- Improve parenting confidence by learning parenting techniques for all ages and stages - from toddlers to teenagers.
- Change generational patterns of difficult parent-child relationships to create a positive family life for you and your children.

FEE: \$35 (8 wk one-time fee)

FREE for Fathers with children 0-8 years old

Incentive Gift Card available for every 4 weeks of Perfect Attendance

To register for this class, please call (925) 689 5811 or register on-line
at www.copefamilysupport.org

3000 Citrus Circle, Suite 220, Walnut Creek, CA 94598
(925) 689-5811 - www.copefamilysupport.org

