



THE 4 PILLARS STRONG FATHERS

PRESENT
POWERFUL
PROGRESSIVE
PROVIDER

Meet with other men to discuss the challenges of:

- Being a provider
- Developing a “success” identity
- Parenting
- “Business before pleasure”
- ... and more

Led by fathers like you, these sessions will give you the tools you need to be a strong father and coach you to success.

**Tuesdays at 6:00 pm
360 N. Notre Dame Ave**

**Dads earn Crib Club Coupons and Diapers for attending!
Sign up by calling 574-234-0363**



Dads are important! You are Dad before the baby arrives. We want to help support you as a family, and have special resources just for you, Dad!

Ways we can help you get involved before and after the baby comes:

- ✓ Sign-up for Strong Fathers: a class just for dads, offered at the Women’s Care Center Notre Dame Avenue office. Call 234-0363 to register.
- ✓ Participate in goal counseling, learn about your specific role as dad, why it’s so important and different from mom.
- ✓ Attend parenting classes with your partner.
- ✓ Learn about your baby and how to prepare for labor and delivery.
- ✓ Learn about parenting and discipline techniques to ready.
- ✓ Doing these things earns coupons in our store; stock up on essentials before baby arrives!

“What you are about to enter is the most magical, life-transforming love relationship of our life. I guarantee you that you will not come out of this relationship unscathed, but the privilege to love and to be loved as a father is by far the most glorious gift one can receive from another human being.”

From *Becoming a Dad*, by Stephen James and David Thomas

Contact the Women’s Care Center to register and for more information at 574-234-0363.