

HEY DAD!

Is being a good father important to you?

Come join us for our weekly 24/7 Dads groups!

This is a weekly program providing education and support to anyone who takes on a fatherly role of a young child age 0-10. 24/7 Dads is designed to help Dads become more involved, responsible, and committed in their role as a father figure. Program focuses on improving skills fathers need such as self awareness, parenting, and relationship skills. These services are available to all eligible persons, regardless of race, age, gender, disability or religion.

**Date: Every Thursday starting Jan. 28th.
Lasts 12 weeks.**

Time: 6:30-8:30 pm.

**Location- Sheldon United Methodist Church,
506 8th Street Sheldon, IA**

*Program is Free and Childcare, Food & Drinks will be provided.

- Program provided by Lifetime Dads through Upper Des Moines Opportunity.
- Conducted in a relaxed setting with information and activities being father friendly.
- Transportation assistance provided locally. Mileage reimbursement available to persons living outside of Sheldon.

Please call to register so that program and childcare can be staffed accordingly.

For Questions or to Register please call Dave Norgart, Fatherhood Advocate at 712-330-7555.