Family Resource Centers
CAPE COD

D A D S' T A L K











Every month, we create a FREE digital space just for Dads, and we'd love for you to be part of it.

All parenting men are welcome, no matter where you live, your custody situation, or your child(ren)'s age.

Hosted by Paul Melville, LICSW, an experienced facilitator and father of three.

SECOND TUESDAY OF EACH MONTH FROM 6:30PM-7:30PM ON ZOOM

Upcoming dates: November 12, December 10, 2024.

STUDIES SHOW THAT CHILDREN GROW UP HAPPIER WITH NURTURING FATHERS IN THEIR LIVES:

- TAKE TIME FOR YOURSELF AND HEAR HOW OTHERS ARE COPING AS CAREGIVERS OF CHILDREN AND FAMILIES.
- CREATE YOUR OWN "TOOLBOX" FOR EFFECTIVE PARENTING BY GAINING SKILLS FOR HANDLING CHALLENGING BEHAVIORS.
- CALMING STRESS AND LEARNING EFFECTIVE COMMUNICATION AND POSITIVE DISCIPLINE STRATEGIES FOR RAISING HEALTHY CHILDREN.
- FIND AND SHARE SUPPORT, RESOURCES, AND CAMARADERIE WITH OTHER DADS.

Pre-registration is required. To receive a Zoom link, send an email to Juliana (*jzinel@advocates.org*) or call Cape Cod Family Resource Center at (508) 815.5100.