

# Super Dads Super Kids!

**Free 10-Week Drop-in online program for Dads/Dad Figures**

## **Topics Covered:**

Week 1 - What is a Super Dad?

Week 2 - Brain Development

Week 3 - Watch Me Grow!

Week 4 - Communication with Children

Week 5 - Emotions in our Children

Week 6 - ACEs & Resiliency

Week 7 - Discipline and Setting Limits

Week 8 - Physical Health

Week 9 - Injury Prevention

Week 10 - Work, Career, and Life Balance

**Certificate of completion will be given after each session.**

**When:** September 6, 2023 - November 8, 2023

**Time:** Every Wednesday at 5:15pm - 6:30pm

**Where:** Online through Zoom program



***“SUPER DADS MAKE SUPER KIDS!”***