



SOUTHERN UNION

STATE COMMUNITY COLLEGE

Adult Education Department

Dad's League-Locker Room Sessions

Dad's League serves fathers of all ages and backgrounds. The program is designed to empower fathers to be the best parents that they can be, resulting in children that are safe, healthy, resilient and successful. Dad's League intends to be a community where fathers are empowered and connect with other fathers to impact issues in the community. The program teaches Dads to be critical difference makers. There are no prerequisites for this course and it is open to the public.

When: Thursdays 6-8 p.m. CST

Length: 12 weeks

Where: Southern Union Adult Education and Technical Bldg. 1; Room 8

Who: All men who serve as a father figure.

How: Register online at www.dleagueconnect.org/jtc; click on RSVP for locker room session. Classes begin Thursday, August 25, 2016

Cost: FREE

Instructor: Antione Harvis. Email: antione.harvis@ccrc-alabama.org or call 334.749.8400

Topics Covered:

- Session 1: Family History
- Session 2: What It Means to Be a Man
- Session 3: Showing and Handling Feelings
- Session 4: Men's Health
- Session 5: Communication
- Session 6: The Father's Role
- Session 7: Discipline
- Session 8: Children's Growth
- Session 9: Getting Involved
- Session 10: Working with Mom and Co-Parenting
- Session 11: Dads and Work
- Session 12: Celebrate