**Just For Dads…the nuts and bolts of parenting**

* **Are you looking for ways to build a strong relationship with your child?**
* **Are you looking for concrete and practical ways to build your child’s self-esteem?**
* **Do you wonder how to set reasonable behaviour limits for your child?**

Under the expert direction of Tim Paquette at Family Services Ottawa, this eight-week course offers an informative and interactive exploration of the challenges and opportunities facing fathers parenting.

Come and meet with other fathers to discover new strategies for making parenting more effective, less stressful and more rewarding – for everyone.

**When:** Thursdays, Feb. 6 - April 2, 2020 (March 19 excluded)

**Time:** 6:30 pm - 8:30 pm

**Where:** Family Services Ottawa, 312 Parkdale Avenue

**Cost:** Children’s Aid Society (CAS) clients Free

 Non CAS clients $175.00

**Please visit us at** [**www.familyservicesottawa.org**](http://www.familyservicesottawa.org) **to register online or call us at 613-725-3601 extension 108 for more information.**