



# C.O.P.E. Family Support Center



## 16 Week Supporting Father Involvement Class

### CLASS INFORMATION

#### WHEN:

Thursdays,  
January 21<sup>th</sup> – May 6<sup>st</sup> 2021  
16 Sessions

#### TIME:

6:00 - 8:00 pm

#### WHERE:

COPE Family Support Center  
(over Zoom videoconferencing platform – participants must join with both audio and video to receive credit)



C.O.P.E. Family Support Center recognizes the importance of the father's role in their child's life. Based on research evidence that father involvement emerges in the context of a system of relationships, each group meeting will emphasize one of these central aspects of family life including access and improving your relationship with children

### Discussion

- ✚ Develop strategies for coping with stresses on the family including work, support or lack of support from friends and family, and family-relation policies (court) in the surrounding community and state agencies (external stressors).
- ✚ Increase parents' ability to work together to problem solve and decrease conflict (co-parent relationship quality).
- ✚ Individual adjustment (self-confidence, depression, anxiety).
- ✚ To increase fathers' involvement and the use of age appropriate parenting strategies (skills and confidence in parenting).
- ✚ Find ways to break negative cycles of intergenerational cycles of parental dysfunction, neglect and abuse (three-generational family patterns).

**FEE: \$75 (one-time fee)**

**Free for Fathers with Children under 8 years old**

**\$50 Gift Card for perfect attendance every four weeks**

**To register for this (16) session class, please call (925) 689-5811**

3000 Citrus Circle, Suite 220, Walnut Creek, CA 94598

(925) 689-5811 - [www.copefamilysupport.org](http://www.copefamilysupport.org)