Sept. 20—Family History
Sept. 27—What is a man?
Oct. 4—Showing and Handling Emotion
Oct. 11—Men’s Health
Oct. 18—Communication
Oct. 25—Father’s Role

Nov. 1—Discipline
Nov. 8—Children’s Growth
Nov. 15—Getting Involved
Nov. 22—No Group!!!! - TDAY
Nov. 29—Co-Parenting
Dec. 6—Dads and Work
My Fatherhood Pledge

On my honor,

I will give my children my time, my love, and my heart.

I will be an example of a good man to my children and others around me.

I will be an involved, responsible, and committed father.

From this day forward, I pledge to be a 24/7 Dad®.

Signature _____________________________ Date_________

The calendar on the back is an easy way to keep track of when your 24/7 Dad group will meet.

If you have questions, comments, concerns or you are not going to make it to a group, please call 509-491-1101 or email bgregory@youmedical.org. We meet at Barracuda Coffee in Kennewick from 6:30 - 8:30 on the days highlighted.

24/7 Dad is brought to you by the Stronger Fathers Program. Stronger Fathers is the fatherhood branch of You Medical, which is a Christian, 501c(3), non-profit organization.

24/7 Dad AM is a curriculum produced and copy-written by the National Fatherhood Initiative. Find out more at Fatherhood.org.

This 24/7 Dad group was also supported by Grant Number SP1AH000034-01-00 from the HHS Office of Adolescent Health.