

# *Dads Helping Dads*

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*A 6-week Parenting Boot Camp for Single Fathers*



## *Topics We'll Cover Include:*

- ❖ *Work & Childcare – How to balance the most important things*
- ❖ *Nuts & Bolts – Meals, naps, bedtime, tantrums, setting limits*
- ❖ *Staying Sane – Managing time, asking for help, avoiding burnout*
- ❖ *Talking to Your Kids – How to handle the tough topics (divorce, death etc.)*
- ❖ *Handling Others – Exes, in-laws, lawyers and strangers at the park*

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**MEETING TIME:** *Wednesdays 7:00 – 8:30 PM*

**DATES:** *May 2 – June 6, 2018 (6 weeks)*

**LOCATION:** *The Claret Center, 5536 S. Everett, Chicago*

**COST:** *\$150 (\$120 if paid before April 18, 2018)*

**FACILITATOR:** *Bill Harrison, psychotherapist & single dad*

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*Contact Bill at 773-718-4706 or [counselorbill1@gmail.com](mailto:counselorbill1@gmail.com)*

*[www.claretcenter.org](http://www.claretcenter.org)  
[www.billharrisontherapy.com](http://www.billharrisontherapy.com)*