



Fathers' Support Group



Join us to share coping and child rearing strategies, feel acknowledged, get support, and build new friendships. In our Fathers' Support Group we share our frustrations and hopes for our families and ourselves. We address communication skills, explore par-

enting strategies, and discuss accountability issues. This group is a safe place for all fathers - single, divorced, married - to explore the issues they are facing. Every man has challenges. Those who have the courage to deal with them become better husbands, fathers, and men. Our Fathers' Support Group can help you become the man you want to be.

Facilitator: Jay Harnden is a father of two and has been involved with Father Matters for nine years, doing workshops and men's group meetings across the United States. He recently started a mentoring business, Family Coaching Solutions.



Where: Almaden Community Ctr
When: Tuesdays 6-8pm. See our web site for current meeting schedule.

Cost: **Free!**



The Foundation of Family Values supports families of all political, religious, sexual preference, economic, and racial categories. The FOFV has no specific religious affiliation.

We are a 501(c) 3 tax-exempt, non-profit organization.

Visit fofv.org for more information and to RSVP.