



fathersandsonsneo.org

Helping Families understand the importance of a dad's involvement in their lives.

# UNDERSTANDING DADS 2025

## Session #1 My Life as a Mother

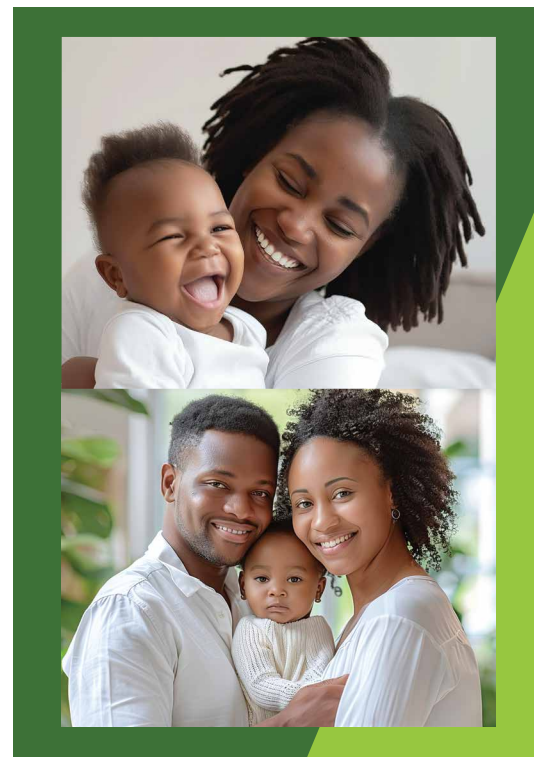
- Mothers introduce themselves to each other
- Mothers examine their lives as mothers.

## Session #2 My Father's Impact

- Mothers see the connection between the traits of their father and how it impacted their lives.
- Mothers examine the connection between the experiences with their father and what they expect of men in general.
- Mothers learn to recognize the impact that unmet expectations on the relationship with the father of their children.

## Session #3 My Mother's Impact

- Mothers explore the relationships their own mother had with men.
- Challenges mothers to identify and examine the unspoken rules that guide their behavior with men, especially the father of their children.
- Mothers discuss whether their own father's and mother's relationship had an impact on the mothers' relationships with men and the father of their children.



## Virtual Class

**WEBSITE LINK TO REGISTER:**

<https://tinyurl.com/UnderstandDad>



**Register today!**