



Why We Stressin'

A FREE parenting workshop for fathers

Family Service PEI is recruiting fathers who would like to participate in a pilot workshop aimed to provide strategies for identifying and managing stress to allow for more positive interactions with their children.

Learning Objectives:

- Be able to identify personal and social factors that contribute to their stress
- Understand the impact of their stress on their child and the father-child relationship
- Gain new positive strategies to manage their stress
- Make a commitment to using one new positive strategy in a future stressful situation

When: Tuesdays from 6pm-8pm (September 6th, 13th, 20th & 27th)

Where: 155 Belvedere Ave, Charlottetown (Family Service PEI Charlottetown Office)

Fee: FREE (Pilot Program)

For more information and registration, please contact Alex Walsh at 902-892-2441 Ext.7 or outreach@familyservice.pe.ca

A toolkit developed by Dad Central for engaging fathers and other men raising the next generation. For more information, visit www.mydad.ca

