



**Proud Dads is a 4 week fatherhood enrichment experience where Fathers learn to harness their desire to be a Proud Dad 24/7 in the life of their children!**

### **Class Times & Locations**

1. Tuesday  
6:00 PM—9:00 PM  
CEEED (above PNC Bank)  
1301 Derry Street (13th and Derry)  
3rd Floor  
Harrisburg, PA 17104
- OR**
2. Thursday  
9:00 AM—12:00 PM  
Dauphin Co. Work Release Center  
Building 2  
919 Gibson Blvd.  
Steelton, PA

*Please contact John Thompson to apply for the Proud Dads Program and to learn more about class openings & start dates.*

### *How can I learn more about Proud Dads?*

Contact John Thompson,  
Proud Dads Dir. at:

- ◆ (717) 233-6133 ext 202
- ◆ (717) 649-3387
- ◆ [jthompson@firmfoundation.org](mailto:jthompson@firmfoundation.org)



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*Firm Foundation of Pa., Inc.*

*Mailing address:*

*P.O. Box 5524 Harrisburg, PA 17110*

*Physical address:*

*28 N. 19th Street Harrisburg, PA 17103*

*Phone (717) 233-6133 Fax (717) 754-0017*

*Website: [www.firmfoundation.org](http://www.firmfoundation.org)*



**National  
Fatherhood  
Initiative®**

Firm Foundation is proud to partner with the National Fatherhood Initiative and utilize their 24/7 Dads curriculum.

Firm Foundation of Pa., Inc., was incorporated in 1998 and has 501(c)(3) nonprofit status with the Internal Revenue Service. Firm Foundation of Pa.'s official registration and financial information may be obtained from the Pa. Department of State by calling toll free 1-800-732-0999. Registration does not imply endorsement.



**Firm  
Foundation  
of Pennsylvania, Inc.**

**Rebuilding Lives &  
Renewing Our Community**

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## ***Proud Dads***

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***As the Father has loved  
me, so have I loved you.  
Now remain in my love,  
just as I remain in His  
love.***

***John 15:9***



**Firm  
Foundation**  
of Pennsylvania, Inc.

Rebuilding Lives & Renewing Our Community

## *Proud Dads*

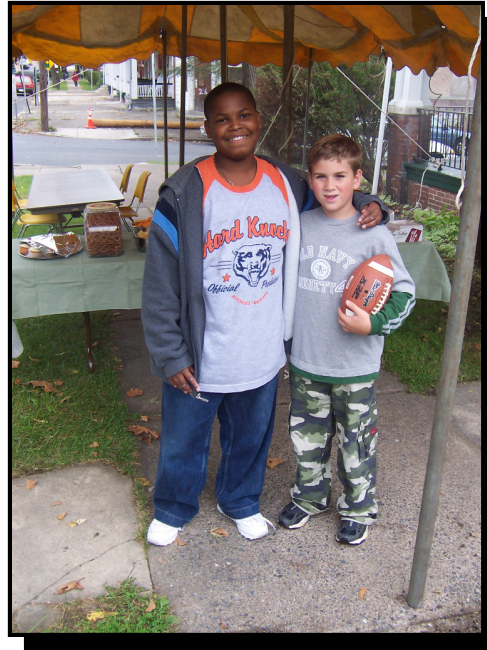
*Mission: Bringing fathers together in a learning environment to strengthen their ties to their families and communities*

*What we provide...*

- ◆ *Fatherhood classes utilizing the 24/7 Dad curriculum from the National Fatherhood Initiative*
- ◆ *Case Management Services- assist participants in obtaining appropriate social services and addressing domestic relation issues*

*Other added benefits...*

- ◆ *Assist participants in re-establishing driving privileges/license if suspended due to overdue child support payments*
- ◆ *Suspend enforcement proceedings due to overdue child support payments*
- ◆ *Assist with child custody and child visitation issues*



## 10 ways to be a better dad... (from NFI)

### Respect Your Children's Mother

One of the best things a father can do for his children is to respect their mother. If you are married, keep your marriage strong and vital. If you're not married, it is still important to respect and support the mother of your children.

### Spend Time with Your Children

How a father spends his time tells his children what's important to him. If you always seem to busy for your children, they will feel neglected no matter what you say.

### Earn the Right to Be Heard

All too often the only time a father speaks to his children is when they have done something wrong. Take time and listen to their ideas and problems.

### Discipline with Love

All children need guidance and discipline. Remind your children of the consequences of their actions and provide meaningful rewards for desirable behavior. Fathers who discipline in a calm and fair manner show love for their children.

### Be a Role Model

Fathers are role models to their kids whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect by boys. Fathers can teach sons what is important in life by demonstrating honesty, humility and responsibility.

### Be a Teacher

Too many fathers think teaching is something others do. But a father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices.

### Eat Together as a Family

Sharing a meal together can be an important part of healthy family life. In addition to providing some structure in a busy day, it gives kids the chance to talk about what they are doing and want to do.

### Read to Your Children

In a world where television often dominates the lives of children, it is important that fathers make the effort to read to their children. Children learn best by doing and reading, as well as seeing and hearing.

### Show Affection

Children need the security that comes from knowing they are wanted, accepted and loved by their family. Parents, especially fathers, need to feel both comfortable and willing to hug their children. Showing affection everyday is the best way to let your children know that you love them.

### Realize that a Father's Job Is Never Done

Even after children are grown and ready to leave home, they will still look to their fathers for wisdom and advice.