

Why join?

Being a Dad isn't easy. It's even harder if your own dad wasn't around much growing up or if he wasn't a good role model. By joining the Fathers In Touch program, you will have access to learning the skills and confidence needed to be an outstanding Dad to your children. It will also give you the chance to meet and bond with other fathers like you, and help you make sure your children have great memories of their dad..

After joining

- You commit to participate in free classes once a week for twelve weeks.
- Dinner and snacks will be provided every week at no cost to you.
- Class lessons will be presented in a friendly environment. Learning is in an informal and relaxed setting.
- Guidance and mentoring will be provided. Everyone supports each other.

Ask yourself ...

Do you want to create some special moments with your children? Do you want to give your kids great memories and really happy times with their Dad to look back on? Do you want to be a positive influence in your child's upbringing? Then give us a call now at 240-676-7903. Take the first step and connect with Fathers in Touch.

**Strong Families,
Bright Futures**

Fathers in Touch

Fathers in Touch, a Capital Youth Empowerment Program, is available in Fairfax County, Virginia and Alexandria, Virginia.

Fairfax locations:

(varies throughout the year)

- South County
- Reston
- Falls Church (Spanish Language Class available at this location)

Fairfax contact:

Everette Mitchell
240-676-7903
emitchell@cyep.org

Alexandria location:

Charles Henry Houston Recreation Center
905 Wythe Street
Alexandria, VA 22314

Alexandria contact:

Everette Mitchell
240-676-7903
emitchell@cyep.org



Capital Youth Empowerment Program

info@cyep.org • www.cyep.org

1315 Duke Street
Alexandria, VA 22314



Fathers in Touch PROGRAM



**Capital Youth
Empowerment Program**

What is Fathers in Touch?

Fathers in Touch is a 12-week fatherhood program that increases the quality of a father's interaction with his family and loved ones.

Our goal

To provide men with the skills to be a great father. At the end of the 12-week program, you will have the skills to go forward in confidence and feel good about yourself and your abilities as a parent.

“Every father should remember that one day his son will follow his example instead of his advice.”

– Unknown

“My father gave me the greatest gift anyone could give another person, he believed in me”

– Jim Valvano



We offer 7 essential topics over 12 weeks

- 24/7 Dad Curriculum
- Impact of your family history
- What it means to be a man
- Discipline
- Communication
- Co-parenting—working with mom
- Showing and handling your feelings

Presentations by industry professionals

- Child Support Enforcement
- Domestic Violence
- Substance Abuse and Mental Health

Also included

- Free dinner and snacks at all classes
- Regular outings for dads and their kid: Fishing Day, Zoo Trip, Cook Out, Museum Trip, Library Visit, and Community
- Service Day

Classes and registration are FREE

“Any man can be a father.
It takes someone
special to be a Dad.”

– Unknown

