

## 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 the best role model. When you join the Fathers In Touch program, our highly trained facilitators will provide you with the tools and confidence you need to be an outstanding Dad to your children. You'll also get the chance to meet and bond with other fathers just like you.

## 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 of really happy times with Dad to look back on? Do you want to be a positive influence in your child's life and ongoing development? We know you do. 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 is an award winning fatherhood program available in Washington, DC, Arlington County, Fairfax County, and the City of Alexandria, Virginia.

**Locations vary throughout the year. The class schedule can be found at [www.cyep.org](http://www.cyep.org)**

**On-Line Registration:  
[www.cyep.org](http://www.cyep.org)**

**Registration contact:**  
Everette Mitchell  
240-676-7903  
[emitchell@cyep.org](mailto:emitchell@cyep.org)

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### Capital Youth Empowerment Program

[info@cyep.org](mailto:info@cyep.org) • [www.cyep.org](http://www.cyep.org)  
2011 Crystal Drive, Suite 400  
Arlington, VA 22202



# Fathers In Touch

PROGRAM



**Capital Youth  
Empowerment Program**

## What is Fathers In Touch?

Fathers In Touch is a 12-week fatherhood program designed to increase the quality of life for fathers, their children, and their loved ones by giving dads the tools and confidence they need to become better fathers.

## 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 with 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 teach 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 kids: 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

