

JOIN US!



WHY JOIN?

- **Share experiences and advice in a supportive environment**
- **Improve mental and physical health**
- **Build lasting connections with fellow fathers**

KEY FEATURES

- **Confidential & Non-Judgmental:** What's shared stays in the group
- **Facilitation:** Led by peers or professionals to guide meaningful discussions
- **Resources:** Guest speakers, reading materials, and referral services
- **Community Building:** Social events and an online group for ongoing support

OPEN MEMBERSHIP

Opportunities to take on leadership roles and help shape the future of the group.

SCAN
TO
APPLY



Meeting Details:

- Members to encourage open dialogue
- In-person, Online, or Hybrid
- Monthly

for more information visit the link WWW.HEALTHYSTARTOSCEOLA.ORG/FATHERHOOD