



# FATHERS' FORUM

## Programs for Expectant and New Fathers and Couples with Young Children

Becoming a father is often a monumental change in a man's life. In the United States there is little support for dads at this important time. Helping prepare men for the important experience of childbirth and the early years of parenthood is the mission of the Fathers' Forum. Bringing dads together to be a resource for each other is how we do it.

*"Five dads talking together is like reading fifteen parenting books!"*

*Bruce Linton, Ph.D., founder of the Fathers' Forum*

### Our Programs:

#### Men's Groups for Fathers

Meet with a group of Fathers who all have young children. Discuss your hopes and dreams, disappointments and confusion about being a father.

#### Becoming a Father Workshop

A 2 ½ hour workshop for expectant dads. Begin to prepare for the birth of your child and the important, emotional first year of fatherhood.

#### The Parent's Journey

With the birth of a child comes change. How do we communicate feelings, and balance work, family and our personal needs? Three private 1 hour counseling sessions.

#### Consultations and Special Programs

Get help designing a unique program to reach out to the dads in your community. Topics often include: How fatherhood changes men, how to be a dad that matters. Shared parenting, ways dad make a difference.

#### Counseling and Psychotherapy

Individual, couple and family counseling. Office, telephone or home sessions may be scheduled with Dr. Linton or one of his associates.

## Additional Resources from the Fathers' Forum

### Online Father's Groups

[www.NewDadsNetwork.com](http://www.NewDadsNetwork.com)

A private social networking site for expectant and new dads.

### Fathers' Forum Online

[www.FathersForum.com](http://www.FathersForum.com)

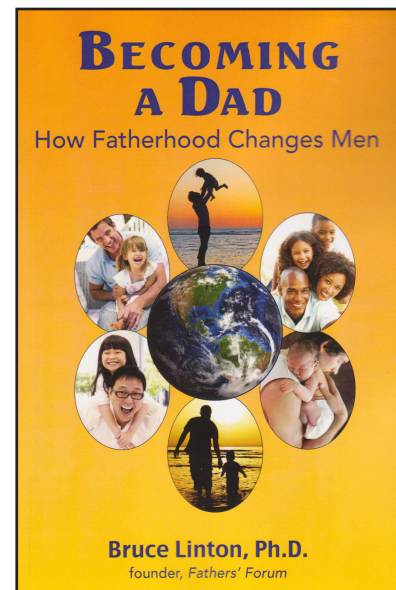
The 3 trimesters of Pregnancy for dads. The first 12 months of fatherhood. Articles and videos online for expectant and new dads

### Becoming a Dad, How fatherhood changes men

by Bruce Linton, Ph.D.

This book of Bruce's essays reflects the complicated issues men face when they become fathers. An excellent resource for fathers' groups, parent educators and helping professionals wanting to know more about how men change when they become dads.

(Available at [amazon.com](http://amazon.com) and local bookstores)



Bruce Linton, MFT, Ph.D. is the Director and Founder of the Fathers' Forum. He has been offering programs for new dads for over 25 years.

Please feel free to contact him at:

### Fathers' Forum

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