

THE FATHERHOOD COMPASS

- A course designed to help fathers face the challenges of parenting in today's world.
- Learn how to better understand:
 - feelings, needs, and relationship dynamics
 - communication
 - developmental stages
 - parenting styles
 - nervous system regulation (ours and theirs)



Ian Abbott
Relationship Coach

April 6th - May 25th
From 7-9 pm
See website for more info

Life.
Love.
Habits.

Your facilitator - Ian is deeply committed to his own learning and growth as a father. His course is designed to create a safe and supportive space for men to learn, grow, and heal on their journey of fatherhood.