



# Mindful Fathering®

## NEXT GROUP SERIES STARTS

February 25, 2019 (ends May 20th)  
Monday's from 5:30-8pm (No class March 25)  
*This program is FREE and dinner will be provided.*

## YWCA York Board Room

320 E. Market Street, York PA

To learn more, make a referral, or  
self-refer, please contact:

## Ruby Martin, YWCA York Chief

Child and Youth Program Officer

717-845-2631, ext 119 [rmartin@ywcayork.org](mailto:rmartin@ywcayork.org)

Pre-Registration is required.



Developed by Yorktown Family Services, **Mindful Fathering** is a 12-week psycho-educational group program for fathers who desire to raise children in a violence free environment or may have exposed their children, of any age, to intimate partner violence. Welcoming men of all backgrounds, orientations and cultures, this evidence-informed, early intervention program helps fathers learn to reduce harm, improve mental health, and make positive changes in their lives and their relationships with children and women.

- ✓ develop a personal vision for change by identifying hopes for the future, setting goals, and working together to overcome barriers
- ✓ explore personal narratives to see how the past affects the present
- ✓ increase awareness of attitudes regarding masculinity and gender roles that contribute to partner abuse and child maltreatment
- ✓ increase understanding of the impact of abuse on children and partners
- ✓ increase responsibility for own behaviours, including abuse
- ✓ learn effective ways of dealing with anger and aggression, including using mindfulness to help regulate emotions
- ✓ increase knowledge about child development, attachment, and appropriate expectations
- learn new skills in parenting, relationships
- ✓ improve parent/child relationships, co-parenting relationships, relationships in general