

THE F₂ PROJECT

FATHERS₂FATHERLESS

Affiliated with
Fatherhood.org

ENGLISH AND SPANISH
COURSES AVAILABLE



HELPING DADS
BECOME HEROES

Introduction to Dads
Becoming Heroes

Dads Becoming
Heroes 2.0

Dads Becoming
Heroes 3.0

3 "Dads Becoming Heroes Courses"

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The F2 project is an independent, private, 501c3 non-profit organization. Dad's Becoming Heroes is a non-religious based program.

Dad's Becoming Heroes Courses

Built on the foundation of the renowned program, 24/7 Dads, the Hero Courses take you on an in-depth journey exploring various facets of fatherhood:

Introduction to Dads Becoming Heroes

The workshop helps fathers develop a set of 12 behaviors to become the best fathers possible.

Program Length: 7 Sections, 2 @ 30 mins. + 5 @ 1 hour Or facilitate it as a 1-day workshop in as little as 8 hours, including a 1-hour lunch break.

The 12 Key Behaviors

1. **Works with an Accountability Partner or Partners** (Self-Awareness)
2. **Reflects on a Weekly Basis** (Self-Awareness)
3. **Takes Care of Physical Health on a Regular Basis** (Caring for Self)
4. **Regularly Takes Care of Emotional/Mental Health** (Caring for Self)
5. **Develops Skills that Reflect His Role in the Family** (Fathering Skills)
6. **Models Healthy Masculinity** (Fathering Skills)
7. **Disciplines His Children in Healthy Ways** (Parenting Skills)
8. **Nurtures His Children** (Parenting Skills)
9. **Communicates Well with Mom and Their Children** (Relationship Skills)
10. **Builds & Maintains Good Relationship with Mom** (Relationship Skills)
11. **Pays It Forward** (Bonus)
12. **Engages with His Community** (Bonus)

Dads Becoming Heroes 2.0 & 3.0

Is perfect for the dad who lacks the knowledge and skills to be a good father, 2.0 focuses on basic, key fathering characteristics, while 3.0 is great for dads who have already completed 2.0, and who are ready to deal with more in-depth fathering subject matter

Program Length: 12, 2-hour core sessions for each 2.0 and 3.0

Topics Covered Dads Becoming Heroes 2.0

- **Discipline:** Morals and Values; Rewards and Punishment
- **What it Means to Be a Man:** Today's Man; Body Image
- **Children's Growth:** Goals and Self-Worth; Nature or Nurture?

• **Showing & Handling**

Feelings: Holding Feelings Inside; Grief and Loss

- **Get Involved:** Ways to be involved; Helping children do well in school

- **Men's Health:** Stress and Anger; Physical Health

• **Working with Mom & Co-**

Parenting: Parenting Differences;

Walking a Mile in Her Shoes; I'm Okay, She's Okay

- **Communication:** Ways to Communicate; Talking with Children

- **Dads and Work:** Work and family; Balancing work and family

- **The Father's Role:** The Ideal Father; What kind of father am I?; Benefits of Marriage

Topics Covered Dads Becoming Heroes 3.0

- **Fathering and the 24:7 Dad:** What it Means to Be a Man and My Role; Roles of Mom and Dad

- **Power and Control:** The Difference Between Power and Control; Positive Power and Control; Power Struggles

- **Boyhood to Manhood:** Differences Between the Male and Female Brain; Learning to be a Man and Dad

• **Competition and**

Fathering: Competitive and non competitive fathering; Living through my children

- **Dealing with Anger:** This is Anger; Showing and Dealing with Anger

• **Improving my Communication**

Skills: Criticism vs Confrontation; Negotiation; Identifying and Solving Problems

- **Knowing Myself:** Building Self-Worth; Self-Worth Survey

- **Fun with the Kids:** Fathering and Fun; A Plan for Fun

- **Family Ties:** Building Closeness; A Plan for Family Ties

- **Stress, Alcohol, and Work:** Drinking and Stress; Work and Stress

- **Sex, Love, and Relationships:** Sexual Self-Worth; A Healthy Relationship