

VIRTUAL FAMILY LITERACY WORKSHOPS

THE WHOLE YOU:

How Can a Father Become
More Whole, Present, and
Emotionally Steady
for His Children?

**THE BROTHERHOOD
PROGRAM**

This session invites fathers to begin with personal growth, recognizing that how they care for themselves shapes how they show up as parents. Participants learn how mental, emotional, and physical wellness influence presence, connection, and patience.

**THURSDAY,
FEBRUARY 12,
— 2 0 2 6 —**

6:00PM–7:00PM

CLICK HERE TO JOIN



Professor A.I.

