

Fathering in



An Online Learning Experience



15 Topics.
15 Minutes Each.
Become the Best
Dad You Can Be.

National
Fatherhood
Initiative®

The Sessions include:

Each topic is divided into the following sections.

- **What to Know:** This section raises awareness and provides basic knowledge about the topic.
- **What Else:** This section uses short statements (with explanations) that deepen a dad's awareness and knowledge about the topic.
- **What to Ask:** This section presents questions a dad should ask himself (or you can ask him) that helps him apply his increased awareness and knowledge to his life/his unique situation.

Session Topics include:

Session 1: Family History
Session 2: Being a Man and Dad
Session 3: Handling Emotions
Session 4: Grief and Loss
Session 5: Your Health
Session 6: You and Mom
Session 7: Talking with Mom
Session 8: Co-Parenting
Session 9: Fathering Skills
Session 10: Child Development
Session 11: Child Discipline
Session 12: Sexuality
Session 13: Intimacy
Session 14: Work-Family Balance
Session 15: Managing Money

Fathering in 15™ is an online learning experience made just for dads. This program is published by the National Fatherhood Initiative and brought to you by Urban Light Ministries.

The program builds pro-fathering knowledge, attitudes, and skills in an online environment. It engages dads visually and interactively to deliver an enjoyable user experience.

By registering with Urban Light Ministries you can access the Fathering in 15™ online learning site from any computer or mobile device at anytime!



Program Objectives

The objectives of Fathering in 15™ include:

1. Increase a dad's awareness and knowledge about what it takes to be a good dad, and the capacity, or skills, to carry out what he learns.
2. Build a dad's self-worth.
3. Build a good man and a good dad.

About the Program

The inspiration for Fathering in 15™ came from interviews with practitioners who struggle to reach dads in urban and rural areas. These dads can't or don't want to travel to a location to participate in a fatherhood program, workshop, class, or course that requires them to work with someone one-on-one or in a group-based setting. It also came from interviews with organization leaders that struggle to find staff—or dedicate the time of current staff—to work with dads one-on-one or in a group setting. These practitioners' and organizations' pain points are what drove us to create this resource.



For more information or to register
go to: www.urbanlight.org

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