

SAHARA Fathering Group Program

What is SAHARA Fathering Group Program?

SAHARA Fathering Group program started in December 2006. SAHARA Fathering

Group Program is linguistically and culturally appropriate psycho-educational group

program for South Asian men. This 10 session group program provides skills to men

with children ages 0 to 16. The program covers a wide variety of topics and is offered

in Brampton. The program addresses the issues of access and custody and helps men

to enhance their parenting skills. This program is helpful to men where domestic violence is identified as an issue. It also addresses the complexities of Parenting in

Canada.

Timing and Location

Place: 11730 Airport Road, Brampton. (Mayfield/Airport Rd.)

Date: Every Wednesday Time: 6:00 PM to 8:00 PM

Cost: Sliding Scale

Financial support from the South Asian

Community is gratefully

acknowledged.

Punjabi Community

Health Centre is

affiliated with the

SAHARA Community

Services.

What topics are covered?

The topics are:

1. East Meets West
2. The Effects of Abuse on Children
3. Discipline
4. Communication
5. Attachment, Bonding, Emotional Closeness
6. Gender Role Development
7. Play
8. Sleeping Arrangements
9. Separation and Divorce
10. Other Important Issues

What will Fathers learn?

The fathers will be able to:

1. learn Parenting in Canada;
2. understand the effect abuse has on children;
3. learn different discipline techniques;
4. learn effective communication techniques;
5. develop an emotional closeness with their children;
6. understand gender identity formation;
7. understand the importance of play in their children's life;
8. understand the different sleeping arrangements;
9. keep children out of separation/divorce issues;
10. learn other important ways to "parent" children.

Overview of the Group Program

For more information about the Fathering Program, please call, (905) 301-2978

You may also email the referrals at bmutta@rogers.com or fax at 905-840-2004.

Please refer to our website at www.pchealthcentre.com