

## CURRICULUM

### Topics Covered in 24/7 Dad® AM:

Perfect for the dad who lacks the knowledge and skills to be a good father, 24/7 Dad® AM focuses on basic, key fathering characteristics:

- Family History
- What it Means to Be a Man
- Showing and Handling Feelings
- Men's Health
- Communication
- The Father's Role
- Discipline
- Children's Growth
- Getting Involved with your Child(ren)
- Working with Mom & Co-Parenting

### Topics Covered in 24/7 Dad® PM:

Great for dads who are ready to deal with more in-depth fathering subject matter:

- Fathering and the 24/7 Dad
- Boyhood to Manhood
- Dealing with Anger
- Knowing Myself (Self-Worth)
- Family Ties
- Sex, Love, Relationships
- Power and Control
- Competition and Fathering
- Improving my Communication Skills
- Fun with the Kids



**National  
Fatherhood  
Initiative®**

### Gateway Buncombe National Fatherhood Initiative Program

25 Forsythe St  
Asheville, NC 28801  
Held at Greater Works Church

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## Gateway Buncombe National Fatherhood Initiative Program

### 24/7 Dad® AM-PM Evidence Based Program



*Providing tools needed to form and sustain healthy relationships and promote fathers engagement and connections with their children.*



**Gateway Buncombe National Fatherhood Initiative Program**  
**24/7 Dad® AM/PM Programs**

Designed to accomplish three objectives that are vital to creating involved, responsible, committed fathers: increasing **awareness** and **knowledge** among fathers about the elements to being good fathers and the **capacity** or skills to carry out what they learn.

The philosophy, morals, and values that underline the 24/7 Dad programs leads to the following five characteristics that exemplify the traits and qualities of an involved, responsible, and committed father.

**SELF-AWARENESS:** the 24/7 Dad is aware of himself as a man and aware of how important he is to his family.

**CARING FOR SELF:** the 24/7 Dad takes care of himself. He gets annual physicals, eats the right foods, works out to stay in shape and learns about the world he lives in.

**FATHERING SKILLS:** the 24/7 Dad knows his role in the family. He knows he is a model for his sons on how to be good man/father and for his daughters on what they should look for in a husband and father and for their children.

**PARENTING SKILLS:** 24/7 Dad nurtures his children. He knows how his parenting skills help to develop their physical emotional, intellectual, social, spiritual, and creative needs.

**RELATIONSHIP SKILLS:** the 24/7 Dad builds and maintains healthy relationships with his children, wife/mother of his children, other family members, friends, and community.

*"The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself, but for his family." – Reed Markham*



### **SUPPORTERS & SPONSORS:**

Sponsored by and in collaboration with the following:

- Buncombe County Sheriff Department
- Buncombe Child Support Services
- Buncombe County Health Human Services
- Greater Works Church of God in Christ
- In kind supportive partnerships from literacy, health, legal and financial providers.

Gateway Buncombe National Fatherhood Initiative also works in collaboration with Asheville judicial courts and legal representatives

### **AFFILIATION:**

National Fatherhood Initiative®  
[www.fatherhood.org](http://www.fatherhood.org)

### **PROGRAM SCHEDULE**

#### **24/7 Dad®**

##### **AM Program**

Six-Weeks Training  
12 Lessons (2 lessons per week)  
Mondays from 6:00 p.m. to 7:45 p.m.

##### **PM Program**

Six-Weeks Training  
12 Lessons (2 lessons per week)  
Wednesdays from 6:00 p.m. to 7:45 p.m.

Sessions are also provided in Buncombe County Detention Center. Please contact Program Director for more information.

Classes are limited to a maximum of 15 participants.

#### **COST**

No costs for referrals made by the following:  
Buncombe County Sheriff Department  
Buncombe County Child Support Services  
Buncombe County Health Human Services  
Buncombe County Pretrial Services

*Private pay options are available for non-referrals.*

**For more information or to register,  
call 828-279-3312  
Fax referrals to 828-412-0266**

