

# Community Education Service



*Improving emotional health and well being*

## SUPER DADS SUPER KIDS!

"Super Kids come from Super Dads"

Sharwyn Tough ACS - Family Development Coach/SDSK Facilitator, CUPS Calgary

### What is a Super Dad? Is there such a thing as a 'Super Dad'?

Well, sure there is as a "Super Dad" can be defined in many ways. In this session we will talk about the SDSK program that is geared towards dads and/or father figures and their kids 0-6 years old, that precious stage in their early lives. We will briefly go over what the 11-week program looks like and talk about some topics we discuss like Understanding your child's emotions, Aces and Resiliency, Ages & Stages, and many more.

The importance of a bond with a dad or father figure is very important in a child's early stages of life, but also sets a healthy path and relationship for the years ahead.

**December 8 2021**  
**6:30 pm MST**

**Click here to join -  
no registration required**

**FREE**

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and [CUPS Calgary](#)

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