## **MArriage and PArenting Program**

MA & PA, is a 10-week curriculum series that focuses on strengthening the couple relationship (married or unmarried) through a shared exploration of parenting attitudes and skills. The Series utilizes some of the most effective approaches from The Nurturing Father's Program to create a series of couple's dialogues.

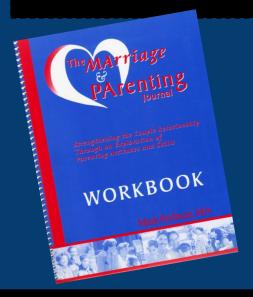
## Things to know:

- 10 week series
- Sessions 90 minutes long
- Sessions are small for questions, discussion, and activities
- Program includes a MA & PA Journal per individual



## Participants will experience:

- New relationship building activities
- Spouses/partners learn about themselves and each other
- Creating a shared vision for family life
- Shared group experiences
- Home Activities in the MA & PA Journal, that help each couple to develop the attitudes and skills for successful family



For more information or to sign —up contact

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