

## Fatherhood Tools That Money Can't Buy

By Brian Bedard, M.A., LCMHC

As a Dad, one of the greatest and most important gifts you can give to your children is: respect for their mother. Whether you are married, divorced, single, separated, together as a couple or not, respect is a gift that has lasting effects and pays back dividends when demonstrated by Dad's.

Another gift to give to your children is your time. ***Don't think that a paycheck equals love. Being a Dad means much more than bringing home a paycheck.*** Spending regular quality time with your children is imperative to your child's growth and development.

One of the best things you can give to your children is your natural ability to “**play.**” If nurturing children is something that comes more naturally to women, than play is certainly one thing that comes naturally to men. This is not to say that women can't play with their children or that men can't be nurturing. It means that playing is a strength that many men can relate to and as a strength; it can be utilized to help men connect with their children.

Growing up in the world today is harder than ever for children. Children need both parents equally. As a wise woman in our recent past quoted, “It takes a village to raise a child.” The reality is, it does. Fathers are a critical part of the “village family.” Being a Dad is one of the biggest commitments that you will ever make. Keeping your word to your child by being a part of not only their creation, but development, upbringing, and livelihood is YOUR greatest responsibility. Fatherhood is FOREVER.



Quite often, dads have not had the best “role models” in their own fathers, in the way that they themselves were raised. It is important for dads to learn about and uncover what “hidden” obstacles were learned and have been carried over into “this generation” from their own fathers, in order to create a brand new legacy, based in love and health. A responsible Dad needs to “step up to the

plate” and “break on through” all of the physical, psychological, emotional, and relational obstacles in his life in order to put his children first and be responsible.

If you value your relationship with your children and are interested in improving the quality of your relationship with your child(ren), then come learn more about yourself and discover what obstacles are in your way (and how to work through them) in order to enhance your relationship with your children, and learn about different ways of connecting and staying connected to your children as a Dad! As Father’s Day is approaching, what better gift could you give to your children, family, and yourself, than a better quality relationship with your children!

Elliot Behavioral Health Services is offering a Fatherhood Group as a closed group (which means your commitment to attend all groups from the beginning is needed) as each week the topics discussed will build off of topics of the previous week. We will be using John Badalament’s Book entitled: *The Modern Dad’s Handbook* as a framework for the group. Call now to reserve your spot, and renew your commitment as a Dad. The group will take place on Monday evenings in Manchester, NH at Elliot Behavioral Health at 445 Cypress St. Suite #8, in the conference room, from 6-7 pm for a total of 12 weeks. The first group beginning on Monday July 23, and will last for 2 hours from 6-8 pm. A documentary movie entitled “All Men Are Sons,” will be shown and discussion will follow.

The cost is \$60 per session. Most insurance accepted. Call 603.663.8626 to register.



**Brian Bedard, M.A., LCMHC** has his Master’s Degree in Counseling Psychology and is practicing psychotherapist at Elliot Behavioral Health Services. Brian has a special interest in helping Dad’s connect with their children in more meaningful ways.

## ***Be the Best Dad You Can Be!***

**Join us for a special  
group presentation on Fatherhood.**

**Mondays**

**12 week session**

**Beginning July 23 (6 to 8 p.m.)**

**All other sessions will be from 6 to 7 p.m.**

**Elliot Behavioral Health Services**

**445 Cypress St., Suite 8, Manchester**

The cost is \$60 per session. Most insurance accepted. Call 603.663.8626 now to reserve your spot, and renew your commitment as a Dad. This group will be facilitated by Brian Bedard, MA, LCMHC.

\*Elliot Behavioral Health Services reserves the right to cancel this group due to low attendance.