

DAD-KID WORKSHOP

Purpose for a Dad-Kid Day:

For Dads:

Busy schedules, work and family challenges make it harder than ever to be a dad.

This day is to regroup, reconnect and get recharged for what it means to be an effective dad to your kid(s).

For Kids:

Kids today face multiple challenges that didn't exist during their parents' childhood. Technology, achievement, schedules, peer issues and personal challenges all equal increased stress for today's kids.

Kids need to learn to manage these issues while still being kids.

Dad-Kid Activity:

Each Dad-Kid pair will select from a list of team building activities. Partnering with the Palos Verdes Chamber of Commerce, local businesses in walking distance will host Dad-Kid teams. The Dad-Kid team will work together in their choice of a fun, productive activity that will require teamwork to complete the task.

Dad-Kid teams will then return to have lunch and give feedback about their time together.

The feedback will follow a consistent outline that each pair will reflect on.

Dad Topics to be covered:

- How to keep your kids on your team
- Effective strategies for communication
- Negotiating challenging teen years
- Guiding your kids future

Kid Topics to be covered:

- How to get the most of the teen years
- Understanding parents?
- How to enjoy time your parents
- Improving friends & family relationships



Date: Saturday, June 15th, 10am-1:30pm - Ages - 6th grade to 12th graders

Location: The Teen Annex, 3 shops up from Peninsula Center Library on Deep Valley Drive in RHE.

Cost: \$50 per Dad-Kid pair, includes lunch. Space is Limited.

Pre-registration is necessary. Deadline for registering June 8th.

Dad-Kid's Day Schedule:

9:30-10am - Check In, 10:00am-11:00am -Dad/Kid Separate mtg, 11:15-12:15-Joint Activity, 12:30-1:30 Lunch & Feedback time. All kids who complete the Dad-Kid Day will receive a gift & completion certificates.

Leaders:

Dr. Greg Allen, LMFT, will share on how to win at fathering from his experiences growing up with his father; NFL Hall of Fame Coach George Allen.

Kryss Jones, IMFT, will lead the kids in an interactive discussion about making the most out of their relationship with their Dad and life.