

Dads On Duty

Worried you may not know everything about being a dad??

Looking for some support from other dads just like you??

Dads in military families have special challenges to figure out parental roles. “We’re often stuck on the sidelines trying to figure out what to do, while Mom has that innate bond already formed with the baby.” Dads On Duty – offered by SAY and the Healthy Start Military Family Cluster – provides a place for Fathers to talk, listen, and learn about what it takes to be the best Dad they can be. We talk about why it’s so important to interact with our kids when they’re 0-5, and also how to interact with them.

Dads On Duty is a program for military Fathers with kids 0-5. Sessions last for 6 weeks, twice a week, from 530-7pm. The next session starts XXX and goes to XXX. Free dinner is always provided, as well as free personal visits and child developmental screenings, free gas cards, free movie tickets, and free childcare if needed.

Past dads have said...

“My wife is shocked at how much I’ve learned about being a dad!”

“Thanks to Dads On Duty, I now understand that when my 2 year old says “No!” it’s not because she’s trying to irritate me.”

“I’m mandated to go to certain groups, but this is the only voluntary one I attend, and it happens to be my favorite!”

Groups fill up fast, so please call 858-496-0044 or email Todd Lewis tlewis@saysandiego.org for more information and to sign up!