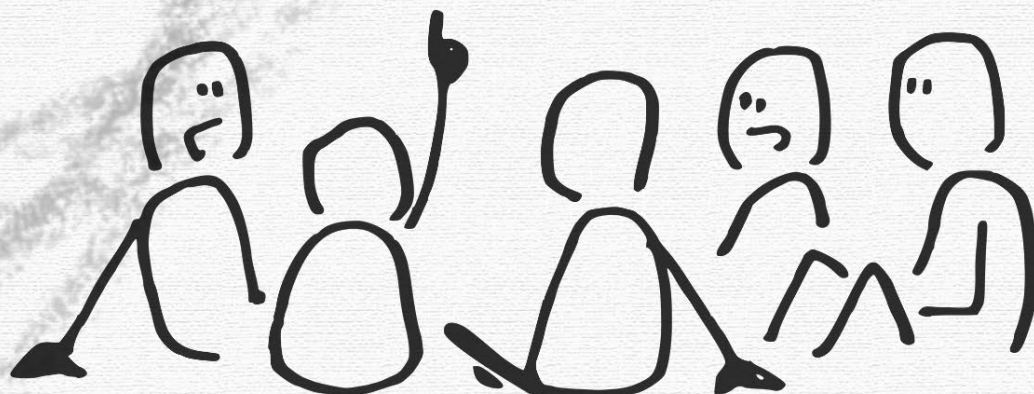


Be there for each other. Dads Empowering Dads.

FREE

Dads Focus Group



Tuesday, October 21, 2025 • 5:00 - 7:00 PM

1111 University Ave., Des Moines, IA • Conference Room A & B

What We Provide:

- **Connect** with other dads
- **Share** your experiences, fears, and successes
- **Learn** coping strategies
- **Focus** on self-care techniques
- **Prioritize** your well-being



children & families of iowa