



Club Dad

Dedicated to strengthening our village by
focusing on the well-being of:

- ◆ Individuals
- ◆ Families
- ◆ Community

The Club Dad support group meets the
fourth Monday of every month

5 - 7 p.m.

ARTS-Us Recreation Center
1221 Marshall Avenue, St. Paul, MN 55104



Club Dad is...

- A monthly community support program designed for fathers
- Sponsored by Saint Paul - Ramsey County Public Health in partnership with UJAMAA Place

What goes on at Club Dad?

- Building positive parenting partnerships
- Parent education
- Tools for stress management/relaxation
- Strategies to overcome barriers (education, employment, housing and more)
- Financial literacy workshops
- Healthy eating and gardening
- Community and civic engagement

For more information, please contact:

Club Dad Facilitator

Thomas "TC" Chatman

Thomas.ChatmanJr@ramseycounty.us

- Gift card drawings for dads
- Childcare provided
- Dinner served

Join us if you are...

- A father that is parenting a child/children birth to five years old
- At least 18 years old

Refer a mom...

We offer a partner program called Club Mom.

 **RAMSEY COUNTY**
Saint Paul – Ramsey County Public Health

