

**FREE****online parenting workshop**

## **FATHERHOOD AND EMOTIONS: IS OPENING UP EMOTIONALLY A VULNERABILITY OR A STRENGTH?**

Join us for an empowering workshop designed for fathers figures to explore the connection between emotional openness and strength.

Delivered by:  
**Chris Kolade  
& Derek Willis**  
Ealing Parenting Team

Tuesday, 4th  
February 2025  
10am-12pm  
via MS Teams

Learn how embracing your emotions can deepen your relationships, enhance your parenting, and create a positive legacy for your children.

Together, we'll challenge outdated stereotypes, build emotional resilience, and celebrate the power of vulnerability in fatherhood. Step into your full potential as a father and a man.

**Please note: This is a targeted workshop for men only**

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place