



HOW DOES +US WORK?

Good Dads aims to serve ALL fathers, regardless of their income or background. We are excited to serve couples for the first time. The new program is suitable for any dad, with co-parents welcome.

ENROLLMENT

The number and kinds of services a father and his partner receives depends on their needs. During enrollment, both partners complete confidential paperwork, which helps us understand how to better serve our fathers and families. We'll also help solve any barriers you have to attending classes.



LET THE LEARNING BEGIN!

After enrollment, you'll join one of our classes with a small group of other dads and their partners. Most participants start with **PREP 8.0**, a leading healthy relationships course. Following Prep, you'll be ready for **Fundamentals for Good Dads**, our parenting course. You'll also attend several money management electives.

Along the way, you'll receive encouragement from the Good Dads team—with regular check-ins to review progress toward your goals and to answer questions.



POST-GRAD LIFE

Once you've met class requirements (earning attendance incentives along the way) you'll be eligible to complete the program! We're excited to celebrate with you. And as part of the Good Dads network, you'll continue to have access to alumni resources and other community support.



"Helping Kids & Communities
One Dad at a Time"

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(417) 501-8867
gooddads.com
info@gooddads.com

TIME TO GET STARTED:



Enroll now at
gooddads.com/plus-us

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Be the **hero**
of your own story.



Good Dads +Us is an all-encompassing program for dads and their co-parents. Participants learn a variety of skills to live happy, healthy lives with our three-pronged approach:

- 1 Healthy Couple Relationships
- 2 Co-Parenting Skills
- 3 Financial Management



WHAT YOU'LL LEARN

Good Dads +Us participants receive a minimum 25 hours of instruction in responsible fatherhood, healthy relationships, and financial management.

- Understanding the importance of father engagement to children's wellbeing
- Child behavior and development
- Communication and conflict resolution
- Co-parenting skills
- Positive bonding among partners
- Setting limits and discipline
- Healthy expression and regulation
- Realistic expectations for committed relationships
- Healthy relationships and commitment
- Employment, resume building and interview skills
- Family budgeting, credit and savings

WHO IS THE PROGRAM FOR?

Good Dads +Us is free for any dad or father-figure, regardless of his income. It is designed to fit the needs of any biological father, expectant father, adoptive father, foster father, grandfather, etc.

Partners (mothers of his children, wives, girlfriends, step-moms, fiancées, etc.) are welcome to attend classes alongside dads.

To qualify, you must...

- Be at least 18 years old
- Be actively engaged in raising a minor child OR actively involved in the life of a young adult up to age 24 who is the child of a partner or relative.
- Live in one of the 87 Missouri counties indicated on the map below.

