Resources

**Books**
Ego is the Enemy By Ryan Holiday
Coparenting by Jenna Flowers

**Videos**
https://youtu.be/TsdZuSyqZNA
https://youtu.be/8E0DMcZ23kE
https://youtu.be/Pl4Mv8R0mE0
https://youtu.be/QvonYne9qso
https://youtu.be/wTu5sFCJ9xk

**Important Topics** *(for providers)*
Non Violent Communication
Building Emotional Intelligence
Exploring the Parental Role
Forgiveness Love and Accountability

**Visualization Activity**

1. Explain to participants that you will begin this exercise with a visualization to better understand their relationship with their fathers.

2. Explain that the group will do a one-minute meditation activity. Invite participants to close their eyes.

3. While you lead participants in the meditation, spread pictures around the room.

Say: Ask your mind to relax
Plant your feet on the ground and feel the earth below you.
Take three deep breaths. Once you feel like your mind is clear, think about your relationship with your father. What is it like? How present is he in your life? Do you get along well? Do you argue? Do you feel like you know him? If your father is not in your life, how does that make you feel? I know it may be a little uncomfortable but I want you to stay in this space and challenge yourself to have this conversation with yourself.

Okay, now open your eyes.

4. When you look around the room, you will see pictures spread out everywhere. Take a walk around the room and look at the different pictures. Take your time. As you look, I want you to pick the picture that best describes your experience and/ or relationship with you father