

Father and Son Retreat

Saddle Up & Join GLHF at Woodside Ranch for a Father & Son Retreat

October 2-3, 2010
Mauston, WI

Great Lakes Hemophilia Foundation
Headline News - September 2010



The weekend's agenda includes a father and son bonding workshop (see program details below), hayrides, bonfires, hiking, breakfast horseback ride and cabin bunking. GLHF is rounding up father and son pairs with boys between the ages of 7-12 with a bleeding disorder.

Registration is due Friday, September 17th.

Call 414.937.6782 or go to <http://glhf.org/Mens-Page.htm>

This powerful workshop gives dads, or dad-figures, and boys the rare opportunity to share important intergenerational stories, learn and practice lifelong relationship skills, and strengthen & deepen the dad-son bond. This enjoyable, one-of-a-kind workshop gives all dads and sons a forum to take time out to focus on what matters most. Some of the material covered will include:

- U Discuss the key elements of a healthy, close dad-child connection and take stock of your own. Research shows that children with a close relationship to their dad do better academically, socially and emotionally than those with more emotionally distant dads.
- U Discuss important, but often difficult-to-address father and son issues especially as it relates to a bleeding disorder.
- U Learn how to keep lines of communication open no matter what the situation and circumstances.
- U Develop skills for speaking and listening respectfully and responsibly to each other and practice using "The Relationship Check-Up tool - a structured way to have heart-to-heart talks on a regular basis.
- U Create a regular, shared ritual for spending time together: Learn why one-to-one 'dad time' with your kids is critical and hear about a variety of different rituals other dads do with their kids.

**Children whose dads cannot make it for any reason are encouraged to attend with an adult male role-model (grandfather, family friend, uncle, etc.)*