

## Table of contents

You can choose the topics you would like to discuss in the group together. The cards mainly work as a support in the meetups, they do not need to be read word for word unless you want to. The most important thing is that you can feel comfortable and have a meaningful conversation with other fathers!

You can pick themes freely as a group, but generally cards 1-4 serve as a good introduction to the group and is the recommended place to start.

- 1) What kind of dad group
- 2) My vision as a father
- 3 ) My child
- 4 ) The family over generations
- 5) Family leave
- 6) household work and responsibilities

- 7) Meetup with professional
- 8) Reconnecting to the meeting with the professional
- 9) Follow up on the meeting with the professional

- 10) Self-esteem
- 11) Communication
- 12) Sexuality and intimacy
- 13) Gender norms
- 14) managing your energy
- 15) When expecting
- 16) Economy
- 17) My own development and finishing up