

FREEDOM TO LOVE

FATHERS & MENTORS COURSE

Every young man faces the challenge of living chastely in our oversexualized world. Freedom to Love provides training and resources to fathers and youth leaders so they are equipped to help their sons and young men grow in the virtue of chastity.

PARTICIPANTS WILL LEARN STRATEGIES AND METHODS TO HELP THEIR SONS

- Overcome Temptations to View Pornography
- Grow in Prayer to Strengthen Their Will
- Access the Grace of the Sacraments to Grow in Chastity
- Grow in Emotional Maturity and Freedom

5 Week Course
Sunday Nights via Zoom
April 23-May 21
8:30-9:30 PM

Registration Opens in April



Register at www.freedomtolove.org

For more information, email info@freedomtolove.org

Frequently Asked Questions

Who is the course for? The course is best suited for fathers with sons 10-17 years old and youth leaders who work with high school and college aged men .

What will I learn? The course is designed to teach practical strategies to share with your sons and young men to overcome temptations to view pornography and engage in sexual sin.

We cover the following topics:

- The spiritual tools the Church provides through prayer and the sacraments.
- How our sexuality is good and is part of God's plan for our life.
- Why pornography can be difficult to overcome and helpful skills to make it easier.
- Scientific tools to respond to times of specific temptation to look at pornography and engage in sin.

What is the format of the course? The course consists of:

- Five weekly online classes Sunday evenings from 8:30-9:30 pm Central time. The classes are recorded so you can rewatch them or view them in case you aren't able to join live.
- A workbook reviewing the weekly online classes with a place to keep notes.
- Reading the book "Forged" by Jason Evert and Matt Fradd
- An online community page to ask questions and share insights both during the course and after.

What if I can't attend the classes live? We record the weekly classes so you can watch them at your convenience. You just won't have the benefit of the live group interaction.

How do I register for the course? You can register using the link at www.freedomtolove.org. The workbook will be made available for digital download once you register. The book Forged will be mailed out prior to the first class.

Feedback from Previous Participants

"I thought the presentations were excellent.

Most of the valuable information I got from from this course came from the presentations."

"The variety of 'tools' in the battle for chastity from the Forged book was encouraging."

"I found the upper vs. lower brain and buffering to be the most insightful topics that will help in practical conversations about human formation with my son and other young men."