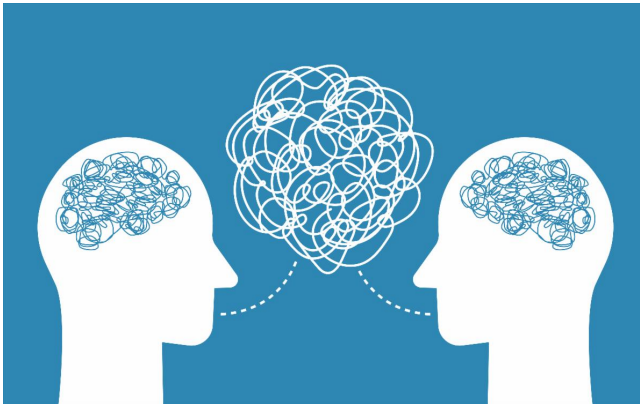




Family Resource Center Association

Colorado Fatherhood Network News

May is Mental Health Awareness Month



After over one year of the COVID-19 pandemic, discussion around mental health is becoming more prominent. The mental health needs of men has historically been under represented, leading to years of low help-seeking behaviors from men.

Statistically, men are *four times*

more likely to die by suicide than women. Emerging data shows that up to 25% of dads will experience some degree of postpartum depression and 18% of new dads will develop a significant anxiety disorder during pregnancy or within the first year of parenthood. Recognizing when a father's mental health is suffering can be difficult, and men may mask their symptoms through anger, irritability, isolation, and increased substance use.

Both the [National Fatherhood Initiative](#) and the [National Institute for Children's Health Quality](#) have found that promoting self-efficacy can mitigate depression symptoms among fathers. *Self-efficacy* describes a parent's confidence in their ability to successfully raise their children, and can result in increased closeness and decreased conflict with their children. Building a father's self-efficacy will ultimately support both his mental health and his child's development.

Tips to build self-efficacy:

- Support fathers in doing as much as possible with their child – the more activities fathers do with their newborn, the more comfortable they will feel.
- Give dads concrete information about babies and children's

developmental milestones and strategies to support development. This is also known as scaffolding. Information and strategies are available [here](#).

- Connect fathers with a support network to meet social needs and support relationship building and confidence.

When a dad's mental health is untreated, the whole family can suffer. As a dad's mental health improves, so will the health of the whole family. Additional tips and resources are available [here](#).

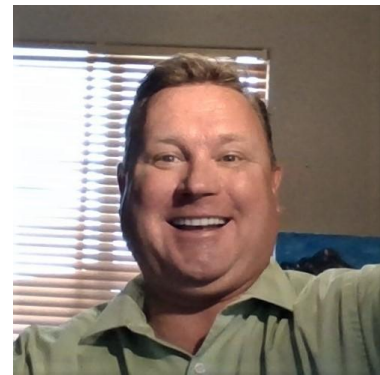
Sources: https://www.fatherhood.org/fatherhood/how-to-help-dads-with-depression?utm_medium=email&_hsmi=123786750&_hsenc=p2ANqtz-8Zfv01W2xqx1gysDzLdZC5NjF-xZ8ky9bllUZKxf5FrRHV0LlkUJrezqKvYtSyCnaVr7gplgbKErITsoOK33is49I47w5YDBTCIMWWWh5RWxYDtbs&utm_content=123786750&utm_source=hs_automation

<https://www.nichq.org/insight/promoting-fathers-mental-health-during-childrens-early-childhood>

<https://www.postpartum.net/get-help/help-for-dads/>

Colorado Fatherhood Network Webinar Series

Mark your calendars for the first **Colorado Fatherhood Network** webinar of 2021! This webinar will focus addressing the mental health needs to support parenting and program engagement. Our presenter will be Dr. John Holmberg, who has joined the faculty of the University of Denver's Graduate School of Professional Psychology where he is focused on the development of research and clinical programs to address mental health issues affecting fathers as part of the Infancy and Early Childhood Mental Health Specialty.



When: June 23rd at 12pm

Who: John Holmberg

What: Fathers' Mental Health: Reducing Addressable Barriers to Parenting and Program Engagement

Where: Zoom! Please follow the registration below for the Zoom meeting ID, and keep an eye out for a flyer with upcoming information.

Register [here](#)

CFN is developing a webinar series to launch over the summer of 2021, and we would love your input on potential topics and scheduling.

Share your thoughts with us [here](#).
The first five respondents will win a Starbucks gift card!



Father Friendly Checklist

Curious about assessing father program readiness in your agency? Wanting to learn more about strengths and needs of your organization as it relates to father programming? **The National Fatherhood Initiative** has developed **The Father Friendly Check-Up** as a tool to help you successfully engage dads and strengthen the families in your community! This tool helps you assess how your organization encourages father involvement in the activities and programs offered by your organization.

Registration access and more information is available [here](#).



Fatherhood and Family Conferences

23rd Annual International Fatherhood Conference

The National Partnership for Community Leadership's (NPCL) International Fatherhood Conference, the longest running conference in the fatherhood field, invites you to our second all-virtual event. Whether policy-maker,

student, social worker, or other practitioner - experienced in the field or brand new - join this diverse information exchange as we discuss present challenges in our field and creative solutions for the future.

When: June 9th and 10th 2021 (Registration opened 3/1/21)

Cost: Vary depending on what type of participate you are (general, student, etc.) Additional information and registration can be found [here](#).

Texas Fatherhood Summit - Taking Research to the Field

The Texas Fatherhood Summit is happening! The Summit is for professionals who engage with fathers and their families, including local and state policymakers and agencies, researchers, and representatives from parent and family programs, nonprofits, and other community groups. This year's theme, "**Taking Research to the Field**," will focus on how research and evidence can be applied on the ground when supporting fathers and families.

When: June 17th and 18th 1pm - 4pm CST/CDT (12pm - 3pm MST)

Cost: Free to attend

More information on the summit is available [here](#)

Please click [here](#) to register. *A quick note about registration - you only need to register for one day, and you will be treated as though you are coming both days. You will receive a link about a week before the event that will be your go-to on both days. So - even if you only select a "ticket" for Day 1, you will get a link for both days.*

SEAS Mini-Conference on Father-Child Attachment

The Society for Emotions and Attachment Studies (SEAS) and the Special Interest Research Group on Father-Child Attachment and Relationships (SIRG-FCAR) are thrilled to host a virtual mini-conference on father-child attachment. The event will be held on Zoom on June 24th and 25th from 8am - 12pm EDT. A call for abstracts and registration form are available on the website.

More information is available [here](#).

When: June 24th and 25th from 8am - 12pm EDT both days

Cost: ~\$20

Fatherhood Program Spotlights

Denver County Fatherhood Program Trainings

The Denver County Fatherhood Program is featuring several exciting and dynamic trainings for fathers and providers in May and June 2021.

- ***Daddy Don't Go film and two hour training***
- ***Father Unknown film and two hour training***
- ***Wellness Recovery Action Plan (WRAP)***

Registration and additional information is available [here](#)

Does your organization offer trainings and would like to be included in our training calendar? Email [us](#) to be featured in the next newsletter.

Circle of Fathers

Circle of Fathers hosts two groups virtually to promote social support to navigate the ups and downs of parenting. These groups are created for fathers and led by fathers in Colorado. Please check out the flyers below for more information.



Circle of Fathers

Sharing ideas. Sharing support.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

WHAT: Join other fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for fathers and led by fathers.

WHEN: Thursdays at 5:30pm

WHERE: Online via Zoom!
Zoom link: <https://us02web.zoom.us/j/93350305448>



LEARN MORE:
Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

Join us on Facebook: <https://www.facebook.com/groups/CircleOfFathers/>

Join Us!
Visit CircleOfParentsCO.org



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. www.illuminatecolorado.org



FATHERS OF FREEDOM

You are not alone. We're here for you.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

WHAT: Join other military fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for military fathers and led by military fathers.

WHEN: Tuesdays at 5:30pm

WHERE: Online via Zoom!
Zoom link: <https://us02web.zoom.us/j/85139958491>



LEARN MORE:

Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

Join us on Facebook: <https://www.facebook.com/groups/FathersOfFreedom/>

Join Us!
Visit CircleOfParentsCO.org



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. www.illuminatecolorado.org

Dad Chats

#DadChats is a national program through [Fathering Together](#). All dads need community to be the best dads that they can be. To do this we have created [DadChats](#) mentoring communities with the purpose of coming together in informal situations to be able to talk to, connect, and learn from each other. For more information click [here](#).

If you are interested or know someone interested in participating, please contact [Dave Taylor](#).

We Would Love to Hear From You

The goals of this Enewsletter is that there will be a collaborative effort, and that everyone feels welcome to participate and share articles and information.

Please submit any articles or information regarding:

- Job opportunities
- Funding opportunities
- Upcoming program and community events
- Upcoming training and webinars
- Father success stories
- Any news to share about Fatherhood programming and support across Colorado



Please submit content to tmcshane@cofamilycenters.org.

Dad Jokes

I'm reading a book about anti-gravity. *It's impossible to put down!*

Justice is a dish best served cold, if it were served warm it would be *justwater*.

What time did the man go to the dentist? *Tooth hurt-y*

Can February March? *No, but April May!*

Source: https://www.boredpanda.com/funny-dad-jokes-puns/?utm_source=google&utm_medium=organic&utm_campaign=organic

*Of all the titles I've been privileged to have,
'Dad' has always been the best.*

-Ken Norton

Source: <https://lingokids.com/blog/posts/dad-quotes>



Family Resource Center Association
(303) 388-1001
info@cofamilycenters.org
cofamilycenters.org/fatherhood-initiative/

