

# Engaging Fathers Workshop

## **Workshop Overview:**

This workshop is designed for individuals who desire to learn more effective ways in assisting Fathers to become more engaged in their children's lives. The session will identify the importance of the Father's role for children to grow up to be well-adjusted adults. Participants will further learn skills and strategies to engage Fathers and support their efforts to develop nurturing relationships with their children.

This workshop is designed to provide individuals with resources and skills necessary to become the instinctive, responsible, and nurturing fathers they desire to be. It will further validate the unique, important, and essential role that Fathers play in the development of their children.

There is strong research and evidence showing that the involvement of fathers in their children's life has significant, short- and long-range, benefits. In addition, strategies on how to assist men to acknowledge their value to the development of their children will be addressed. Lecture and experiential practices and strategies will be highlighted. Each participant will learn to approach this topic for positive outcomes.

## **Workshop Objectives:**

### **After completing this workshop the participants will be able to:**

- Appreciate the value of fathers in the lives of their children; and how to establish and maintain connections.
- Identify factors impacting why fathers are not presently engaged.
- Enhance communication skills and identify behaviors that negatively impact the ability to maintain engagement.
- Provide active parenting skills to encourage appropriate behavior; and strengthen the father's relationships with their children and their children's mothers.
- Provide didactic tools for influencing an emotionally safe climate for Fathers to voice their concerns, frustrations and limitations
- Develop "mutual-benefit" agreements

## Workshop Outline

1. Understand components of a father's engagement
  - a. Methods of engaging fathers
  - b. Affects and impact when fathers are not engaged.
  - c. Consequences of lack of father involvement
2. Social and Cultural factors
  - a. Barriers to services
  - b. Accessing services and developing resources and tools to support father engagement
  - c.
3. Strategies to Further Engage Fathers
  - a. Securing support of mother
  - b. Securing support of other family members
  - c. Support and mentoring groups
  - d. Understanding the impact of engagement
4. Stop – Start – Continue
  - a. Where do we go from here