



## Fathers' Program

Hillside Children's Center

The Fathers' Program at Family Resource Centers provides a weekly group and individual support to help fathers become more engaged in the lives of their children. The focus of this ongoing support includes: parenting and communication skills; advocacy and guidance in navigating systems; community resources; and referrals to other community agencies to meet a range of other needs. Ultimately, the program works to strengthen fathers' abilities to parent and develop healthy relationships with their children.

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### ABOUT THE SERVICE

The Fathers' Program is designed to acknowledge the important role fathers play in their children's lives. The program encourages fathers to share their life experiences in raising their children in a comfortable, nonjudgmental, and supportive setting.

The goals of the weekly group, specifically for fathers are:

- To help fathers become more confident and competent as leaders and partners in their families and community
- To educate fathers on the importance of being a physical, emotional and financial presence for their children
- To enhance fathers' parenting skills through curricula such as The Incredible Years which is effective in encouraging strategies of positive discipline, play, and parenting techniques such as praise and appropriate limit-setting
- To be a support for fathers as they interact with their children
- To help fathers become comfortable talking about themselves and their relationship with their families
- To help fathers understand their attitudes toward parenting, children, family, relationships, and life
- To expose fathers to different points of view about fatherhood and parenting
- To provide valid and current information about parenting and fatherhood
- To help improve parenting skills, self-awareness, and self-esteem for those who participate through opportunities for exchanging ideas, information, and experience.

Fathers of any age are welcome to participate. Childcare is provided at no cost; however, program registration is required.

To register or for further information, please contact Family Resource Centers at 585-436-0370 ext. 308.

## CONTACT INFORMATION

### Hillside Family of Agencies

585-256-7500

[info@hillside.com](mailto:info@hillside.com)

24 hours / day

## FACILITY

Peter Castle

555 Ave D , Rochester

## SUPPORTED BY

*NYS Office of Child and Family Services*

## ELIGIBILITY CRITERIA

Gender: Male

## RESIDENTS OF

Monroe County

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