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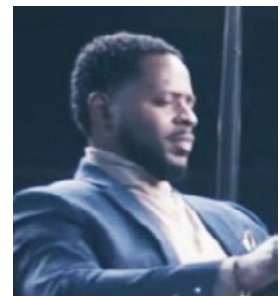
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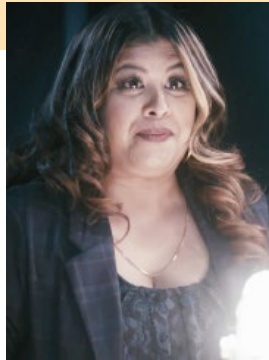
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Nadie les al Bila. No hay nadie Re les d ùn trabajo debido a sus antecedentes. As Óe, ¿ Óo crear un entorno de vida estable y saludable, c Óo recuperar a sus hijos? Usamos mucho tiempo motivando a nuestros clientes para Re sigan en el juego, para Re sigan luchando, para Re no se rindan.

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7. < >+ V B I O D B M I F B O C H M B V O N P N F O R U T Q F D J P D M I T J K P T

¿ando ven algo nuevo, y simplemente hace clic en su cerebro, me doy cuenta de Re puedo hacer esto. ¿udes verlo en sus caras. Es un momento tan incre Óe .

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% * 4 \$ 6 4 * What do you think you did to help create that realization for fathers?

% * 4 \$ 6 4 * Could you help fathers create those moments with their children?



8. [10:38] Durrell Lyons talks about a time when he wasn't taking care of himself:

"That depression ended up rolling downhill. My wife was critically depressed, and it emptied into my daughter ... [I was] coming down on her hard for stuff that's really not her fault."

[11:20] He goes on to explain that he finally figured out he was the one with the problem and realized:

"It's not about me. Whatever happens to me and affects me mentally and physically, it's gonna run downhill. And my children are part of that hill."

DISCUSS: What's your reaction to that clip?

% * 4 \$ 6 4How/are we helping fathers who are depressed or grappling with more serious mental health issues?

% * 4 \$ 6 4How/can we help fathers recognize when they need help, so their struggles don't adversely affect their parenting?



[NOTE TO FACILITATORS: To continue this discussion about depression, you could go from here to questions 11–14.]

9. [11:41] Kenneth Braswell says:

"Everything we do is about the well-being of children."

% * 4 \$ 6 4How/does father involvement improve child well-being?

% * 4 \$ 6 4How/does our program work to improve child well-being?

% * 4 \$ 6 4How/do we tell that story?

% * 4 \$ 6 4Could we capture more data to tell that story better?



10. [11:48] Cosette Bowles describes how disputes between parents (e.g., about custody of their children or payment of child support) can have a negative impact on child well-being.

"I think that's really important. This is not a fight, it's not a contest where somebody wins and somebody loses, except your children."

How do we talk with our clients about challenges in coparenting relationships?

What more could we do to include custodial parents in our program activities?

[Prompt: Could we reach out to custodial parents and explain how we are helping fathers work on their coparenting skills? Could we offer some coparenting workshops for custodial parents? Could we include them and their coparent in the same coparenting skills workshop?]



11. [12:31] Kenneth Braswell asks:

"Where do we [men] go for help? Who do we ask when we're feeling vulnerable?"

What kind of help do we provide the dads in our program?

Do our dads need additional help? If so, what type of help do they need?



12. [13:07] Cosette Bowles talks about how women tend to be better at connecting with each other, but men don't seem to have the same kind of supportive relationships with other men.

Do you think it's true that men are not as good at asking each other for help?

How can we help men get better at asking for help?

Are we doing enough to encourage peer support among our dads? If not, what specific things should we be doing?



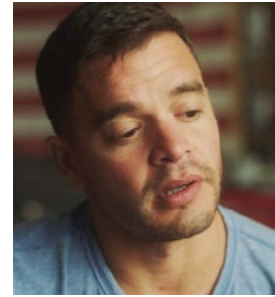
13. [13:35] Juan Scalone says:

"As a dad, as a male, sometimes you feel alone."

What does Juan mean by feeling alone?

How do we help fathers express these kinds of feelings?

[Prompt: Could feelings like these be connected to deeper feelings of depression?]



NRFC Resources

Check out these resources to find additional information or answer questions that may arise during your discussions.

- [Connected to Others is a Good Place to be: Helping Fathers Build their Social Capital](#)
- [Spotlight on Building Social Capital: Tips for Fatherhood Practitioners](#)
- [SIMPLER Solutions for Fatherhood Programs](#)
- [Engaging Fathers: Tools and Tips to Assess the Father-Friendliness of your Organization](#)
- [Spotlight on Research: Strengthening Coparenting Relationships among Low-Income, Unmarried Parents](#)
- [Parenting Time and Child Support: Information for Fatherhood Programs and Fathers](#)
- [Working with Child Welfare Agencies to Improve Outcomes for Families \[Webinar\]](#)
- [Working with the Child Welfare System](#)

This discussion guide was developed by Nigel Vann at Fathers Incorporated and Diego Quezada at MDRC, with assistance from Dina Israel (MDRC) and Dzu Bui (The Ad Council), on behalf of the National Responsible Fatherhood Clearinghouse under contract to the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Family Assistance.

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