

F.I.T. Dad Program   
www.vfsdads.com

*F.I.T. Dad* curriculum offers a 13-week course covering the following issues:

1. Self-awareness
2. Taking Care of Themselves
3. Having Healthy Relationships with Family & Friends
4. Father Skills
5. Co-Parenting Skills

**Facilitator:** Ward Williams- ward@vfsdads.com

**Phone:** 205-533-7852

**Co-Facilitator:** Josh Timberlin/ 205-834-0659

**Meeting Times**: Thursdays 6:00-8:00 pm

**Cost: Free of Charge**

**Location:** Pelham Mall

2834-h Pelham Parkway  
Pelham, AL 35124

For over eight years, Vineyard Family Services has successfully been providing *The F.I.T. Dad Program* to noncustodial fathers in Shelby County. This is a second chance for men to be successful fathers by supporting their families financially, morally and emotionally. The program receives men who have been mandated by The Shelby County Custody Court but any father who wants to improve their parenting skills is welcome. Besides providing a supportive and safe environment for men to become better dads, our goal is to protect and improve children’s lives through educating and helping their parents.

**Benefits for your client:**

\* We offer 8 years experience in working with attorneys, judges and father clientele

\* We provide a program that aids in building your case

\* We provide advocacy and support to fathers involving stressful cases

 \*We provide a Letter of Program Completion for your case management

\* We combine our experience with parenting plans, parent education classes and   
 divorce & family mediation to provide the optimum result for your client

**The Importance of Father Involvement**

Costs Benefits

Children of father-absent are: Studies show that children w/ fathers display:

5x more likely to live in poverty Better cognitive outcomes, even as infants

3x more likely to fail in school Higher self-esteem and less depression as teens

2x more likely to develop emotional Higher grades, test scores/academic achievements

or behavioral problems Lower levels of drug & alcohol use

2x more likely to abuse drugs Higher levels of empathy & pro-social behavior

2x more likely to be abused & Increases informal supports & resources

neglected More “eyes” on the well-being of the child

3x more likely to commit suicide Facilitates concurrent planning & better understand about his/her life

**Foster Youth Talk About Fathers…..**

“ Every kid has a right to know their father.”

“Having a male as part of your life is a big deal. There is just a connection that father and son have that cannot be replaced.”

“I think once the state gets involved with children, fathers tend to stay away, so (child advocates) or some other service providers should work on keeping fathers involved with their kids.”

Here are some important statistics on why fathers need to be involved:

*\**There are 67.8 million fathers in the U.S. and 24 million children who live without their biological father.