

Fathers Help Their Children Grow



As a father, you are one of the most important people in your child's life! What you do – or don't do - can have a lasting effect. Your help in raising your children is important for them to be happy and successful. Your love and care can strengthen the following:

GOOD HEALTH - Children need their fathers to take care of them. Make sure your child eats healthy foods, goes to the doctor and dentist, gets lots of exercise, and has enough sleep. You can also help your child's health by keeping drugs, alcohol and cigarettes out of the home.

SCHOOL SUCCESS - Fathers can help their children succeed in school by reading to them, by helping them with homework, and by joining in school events and meetings.

HIGH SELF-ESTEEM - If children feel loved, they have more confidence and self-respect. Children who feel good about themselves have a better chance of being all they can be.

Call or visit us online

Dial 2-1-1

www.ctunitedway.org or www.211ct.org



Here are some of the services we can help you find in your own community.

ACTIVITIES

- Mentoring Programs
- Parent/Child Activities
- Recreational Activities
- Volunteer Opportunities
- Youth Development

BASIC NEEDS

- Clothing
- Financial Assistance
- Food
- Welfare
- Housing Assistance
- Transportation

EDUCATION

- Adult Basic Education
- Colleges/Universities/Technical Schools
- ESL, GED
- Literacy Instruction

EMPLOYMENT

- Career Counseling
- Employment Assistance
- Job Training
- Pre-Job Guidance

HEALTH & WELLNESS

- Community Clinics
- Health Insurance
- Immunizations
- Pregnancy Counseling
- Well Child Care

LEGAL

- Child Support Assistance
- Family Law Courts
- Custody and Visitation
- Amnesty and Pardon Assistance
- Advocacy
- Mediation
- Ex-Offender Services
- Paternity Establishment

PARENTING

- Child Care Information and Referral
- Child Care Subsidies
- Family Reunification Programs
- Family Support Centers
- Parenting Education
- Parent Support Groups for Fathers and Ex-Offenders
- Anger Management