

Healthy Fathering Collaborative

OF GREATER CLEVELAND



Legal Issues, Child Support, Custody/Parenting Time

- Do you need help establishing parenting time or custody? Call the **Resource Center, 216.443.3149**, or go directly to their offices on the 2nd floor of Juvenile Court, 9300 Quincy.
- Are legal troubles or your criminal history getting in the middle of you and your family? Email Darella at **KeySource, demotley@gmail.com**
- Do you need to set up supervised visitation or parenting time for you and your child? Call Rena Minor at **Safe and Sound, 216.229.2420 x 257**
- Do you want to establish **Paternity** and legally become the father of your child? Call the **Office of Child Support Services, 216.443.5100** or **live chat online – see below**
- Do you need information on your child support case? Go to cjfs.cuyahogacounty.us/en-US/child-support.aspx to chat with a caseworker, access online forms and view informational videos.

Employment and Money

- Do you need help with your job search? Call Brian Moore at **Passages, 216.881.6776**
- Do you need more job skills? Call Maurice Stevens at the **Rising Above Initiative, 216.881.5866**
- Are you searching for a job? Call **Towards Employment, 216.696.5750** and ask about job readiness for fathers.
- Are you looking for On the Job Training in the construction trades? Call Maurice at **Expert Reclaim, 216.881.5866** or exprrtc.com

Employment and Money

- Do you need help managing your credit or other money concerns? Call Gwen at **US Wealth School, 216.577.5621**
- Do you need professional-looking interview clothes and motivation for your job hunt? Call Passages and ask about **Suited for Men, 216.881.6776** and press 0

Childbirth Education for New Dads

- Are you a father-to-be? Do you want to learn how to take care of your baby? Birthing Hospitals throughout the area offer **Boot Camp for New Dads**. Call your hospital today!
 - Fairview Hospital - 440.356.0347
 - Garfield Heights area - 216.650.0553 or 216.662.5700
 - Hillcrest Hospital - 440.312.4647
 - MetroHealth Main Campus & Broadway Health Center - 216.778.3381
 - NEON Hough – 216.231.7700 x 1181
 - Parma Medical CenterI - 440.743.2584 or 440.743.4031
 - St John Medical Center - 877.597.6348 or 440.835.8000
 - Southwest General Hospital - 440.816.8036
 - Stephanie Tubbs Jones Health Center 216.956-5151 (call or text)
 - University Hospitals Health System (4 locations) 216.844.4000 or 440.995.3831

Education and Support

- Do you need help with parenting, child support or relationship skills? **Call the Reconnection Programs at North Star, 216.881.5440**

Education and Support

- Do you need information regarding your financial or legal issues? Do you have relationship questions? Call the **Fathers and Families Together** program, **216.325.9124**
- Do you need help with your relationship with your new baby's mother? Would you like to talk to someone about being an effective dad? Email Muqit at the **Center for Fatherhood and Family Dynamics, muqitsbr@gmail.com**
- Would you like someone to come to your house to help you with parenting resources and questions? Call Tom at **Bright Beginnings, 216.698.7500**
- Are you an expecting or new dad? Is the mother of your child receiving services from MomsFirst? **Call Ron at 216.264.0204** for support and resources.
- Is your child involved with the **County Department of Child & Family Services**? Do you have some questions about the case? **Call 216.432.2273** for guidance and help.

Father and Child Activities

- Would you like to do some fun recreational activities with your kids? Call Fred Knuckles at **University Settlement, 216.441.2907 ext 228**
- Are you looking for a fun place to play and learn with your child? Call **Family Connections, 216.321.0079**
- Are you looking for a fun place to take your child? Try the **Children's Museum of Cleveland, 216.791.7114** and ask about the Dads Count program.

Are you looking for more information?

- ❑ If you can't find a service you are looking for, call **First Call for Help** at **211** or **216.436.2000** and ask about Fatherhood or chat online at www.211oh.org

FATHERHOOD FACTS

Importance of Father Love for Child Well-Being:

1. Father love is as important as mother love in predicting the social, emotional, and educational well-being of children.
2. Children with involved, loving fathers are significantly more likely to have healthy self-esteem, exhibit empathy & pro-social behavior, and avoid drug use, truancy, and criminal activity.
3. Fathers are more strongly linked to early language development and social emotional development in early childhood.
4. Fathers are a strong protective factor against risky adolescent behaviors. Teens that are emotionally close with their fathers delay sexual activity and teens that have fathers who do not approve of sexual activity start having sex later.
5. Students are more likely to get better grades when their father is involved in their education.
6. Father involvement during pregnancy is associated with better maternal health and more successful birth outcomes. Birth is a "magic moment" to positively engage fathers.
7. Fathers are the most significant supportive factor in a mother's choice to breastfeed.
8. Most unmarried fathers and mothers are romantically involved, living together or friends at the time their child is born, AND they intend to parent together!

The Healthy Fathering Collaborative defines a healthy father as a father* who:

- plans to have a baby at the best time for his family
- attends prenatal health care appointments
- participates in the birth of his child
- is present at the hospital discharge
- arranges for his child's car seat
- supports his child's mother in breastfeeding;
- changes diapers
- makes sure his child is put safely to sleep;
- plays with his child
- reads and interacts with his child
- nurtures and financially supports his child
- eats well, exercises and teaches his child nutrition and healthy activities
- talks to his child about healthy sexuality, appropriate touch and healthy relationships
- promotes and role models nonviolence and respect for others
- is actively involved in his child's education
- knows his child's friends and activities
- listens to his child
- cooperatively parents with his child's mother and other caregivers
- nurtures his own emotional, mental and physical health, role modeling healthy behaviors for his child
- nurtures his own spiritual health and supports his child's search for spiritual guidance and meaning

*** We embrace fathers and father figures of all types: biological, foster, adoptive and step fathers along with male relatives and adult male mentors.**

Healthy Fathering Collaborative
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Just for Dads

Resources Designed for the Unique Needs of Fathers

2020 edition

Healthy Fathering
Collaborative of Greater
Cleveland

Mobile site: justfordads.org

Full site: neofathering.net

Email: info@neofathering.net

Text: 216.245.7842

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