

Becoming a New Father, Again

"Divorce transforms the experience of being a father or mother."

"Divorce calls for a total re-definition of who you are as a father and challenges you to come up with a plan for how to maintain or surpass the relationship you had with your children during your marriage."

"The greatest gift you can give your child is the sense that you are a forever father who is deeply committed to parenting. You are also a realistic father who recognizes that children both need you, and need to grow away from you." Excerpts from 'What about the Kids' by Judith Wallerstein

Your new role as a father outside the intact family will likely include some losses that you will have to face and accept.

Children grow up with thousands of memories of their Dads, out of which they shape their hopes and expectations of themselves. You will never have a more challenging or more important task in life. The rewards are immeasurable though.

"You are important, you are a parent, and you still have a family." Excerpt from Mom's House, Dad's House" by Isolina Ricci.

"You're Still Dad" Finds Results

- Dads report increased quality-parenting time with their children
- Dads as well as moms report an improved, more co-operative parenting arrangement with each other
- Dads report feeling less stress and feel more comfortable with their lives.
- Dads report less loss time at work
- Dads report more financial support for their children in a variety of ways i.e. child support, day-to-day incidentals, extra curricular activities, etc.
- Dads demonstrate improved parenting skills

Telephone **519-342-1351**

**900 Guelph St., Unit 307
Kitchener, ON N2M 5Z6**

Email **info@kidsndad.com**
Website **www.kidsndad.com**

Comments From Participants

"This group has shown me that it is important to remain an involved father and that I am not alone with my difficulties."

"The group has done a good job of encouraging us to 'take the high road' and work to establish a business-like, working relationship with our past partners."

"Because of this group I am more successful in co-operating on parenting issues with my children's mother."

"I always feel better after attending this group."

"I have my self respect back."



"You're Still Dad" is a program of
Kids'n'Dad Shared Support

