

FOR IMMEDIATE RELEASE

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NEWS RELEASE

**MEN'S RESOURCE CENTRE HOSTS "DADS MAKE A DIFFERENCE"
PROGRAM**

Nanaimo Men's Resource Centre has launched a new series called "Dads Make a Difference", with a focus on dads helping other dads. The group meets weekly, at the Centre, on Thursday evenings, at 6:00 pm.

Parenting is always a challenge, especially for new dads, since mom has traditionally been seen as the primary care giver for children. This puts a lot of pressure on mom, and the children don't have the benefit of the full participation of both parents. This new program fills a long standing gap - the lack of support and information specifically designed for new dads. The Men's Centre will be working to put together a range of dads, from those in early stages of prenatal care for their partner, to those who have more experience, and are willing to help others by sharing lessons they have learned over the years.

The Centre is also in the process of producing a booklet to help new dads, including tips for communication with their partners, and information about their new baby.

Program Coordinator Angela Olsen comments: "The approach we are using, dads mentoring other dads is a very natural one. We all learn valuable lessons as we parent our children, and sharing these experiences is a great way to learn from each other. We would like to invite dads to come and meet other dads on Thursday nights. We have fun and food and share some amazing moments"

To find out more about the program call Angela at 250.716.1551