

The Dad's Program

Recently we received funding from the Queen Alexandra Foundation, the Ministry of Children & Family Development, BC Gaming and possibly from another yet to be disclosed foundation to begin a new & exciting program being developed.

This program would provide skills to young fathers (under 25 years old), new fathers and prenatal fathers. We will include in this program such elements as parenting skills, relationship building, communication skills & financial planning.

The common key characteristic is the need of these groups to acquire the skills to be better parents. This is going to be at least a twelve month project.

This project is different in its delivery because there are no programs in the Nanaimo area specifically meeting the needs of fathers.

This program would directly benefit the whole family in the following way:

Fathers would be better equipped to be parents.

Mothers would be better

supported by fathers.

Children would benefit because they have the involvement of BOTH parents.

We are using as our main resource to develop this program the program that is being run by Gardner Wiseheart from San Antonio Texas. (See his very interesting statistics on page 3).

If you want more information on this up coming program, please contact us either by e-mail, through the website, or by telephone.

JAL

Adieu!

It has been just over a month now since we bid farewell to Ingrid J. Cline. Although Ingrid is no longer at NMRC full time she continues to facilitate the *Anger in Control* series on Monday nights.

Ingrid's mother has been hospitalized after surgery this month as well. So our continued thoughts are with Ingrid as she continues to work through all the changes happening in her life.

Ingrid has also taken on a contract with the Parents Coalition of

British Columbia [PCBC] (www.parentswhocare.ca) to develop a new program for Grandparents/Grandkids.

The project will encourage seniors to contribute their skills, experience and wisdom in support of social well being in their communities and will also reduce their risk of social isolation by supporting and encouraging grandparent-grandchild contact.

PCBC will present workshops on how to support sons and daughters going through divorce with the

goal of maintaining relationships between grandparents and grandchildren. We will create support groups in a number of Lower Mainland and Vancouver Island communities.

We miss Ingrid's bubbly and out-going nature in the office. We wish her well in her new endeavors and with the stresses that are happening in her life at the present time. You can still Contact Ingrid at Ingrid@parentswhocare.ca.

JAL

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Resource Library

We are compiling and indexing all our helpful articles at the Nanaimo Men's Resource Centre and placing them in our growing library.

If you feel that you have an article or resource that you'd like to contribute, please submit them to our front desk and they will forward them to James for addition to our library.

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What's Happening with Anger?

This was another very successful workshop. We had a fantastic turn out with 15 participants; 13 were there for all 6 weeks.

What a dedicated hard working group! I have never seen a group open up so quickly. There was great work done by all who attended. A level of trust was quickly established with each other and quickly developed into a committed synergy of learning and sharing.

Everyone was sad it was ending:

Here are some of the closing comments at the end of the program:

"This was a first for me...this has

enlightened me... I gained the personal willingness to be who I need to be"

"The mixed workshop is the only way to go...I finally understand how I use control"



"Six weeks went by too quickly... thankful that a safe, secure environment was created so that a deep level of sharing was possible".

"Grateful for a balance male/female facilitators and male/female group members."

"Facilitators Ingrid and Alan both are great instructors, you're fun and that make learning much more exciting..."

"Expert & humble presenters...real life examples very helpful... Should have been longer."

"First time that I've taken such a class...It's a lot more effective for me than one on one counseling."

"I hope to put the tools to good use"

IC

Virtual Visitation...What a Great Idea!

Recently I read an excellent article about virtual visitation for children of divorce. It's an interesting concept. The article spoke of a father who had "virtual visitation" rights placed in his divorce agreement. He was moving overseas and was concerned that his daughter would not get to know him and would eventually forget him altogether.

So what is virtual visitation? Since I am a person of the technology age, I realized that I already use it. I recently bought a new cell phone for my soon to be 18 year old daughter. Firstly I was concerned that there would be times as with most teens, that she would be in situations where she wouldn't be able to safely get home when out with friends etc... Secondly, I wanted to start establishing a more personal line of communication with her before she left home. And thirdly, I was looking for an MP3 player for her for Christmas anyhow. So it was a combination of a few things.

So now we talk quite a lot on MSN Messenger, e-mail, the cell phone, text messaging, the land phone, as well as our regular weekly visitation on weekends.

Since I don't live in the house with my kids anymore, and she is more responsible than the younger ones still, it has worked well. I know that they want the same privilege but the deal we have is that I supplied the phone and added her to a family plan, but she has to maintain the cost of her part. I also wisely blocked any extras like web access and long distance, except to my cell phone (which is free anyhow).

As for my other two kids, we use the land phone and sometimes they talk to me via their mother's cell phone or their older sister's phone, as well as MSN Messenger, e-mail and regular weekly visitation.

The article I read raised a very interesting question: Should virtual visitation be written into divorce orders, especially when the relationship between the

parents is strained? This way the non-custodial parent and the child have access set up and maintained by them without the stress of meeting or dealing with the ex-partner. The downside of this could be that "virtual" replaces "real" visitation. We need to be ever vigilant that we are not replacing personal contact with out kids and parent/grandparents.

When most homes now have multiple computers armed with gadgets like webcams, mics and speakers; most people carry cell phones, PDA's and other messaging devices; is it not just a given that we can communicate with our children this way anyway? I say yes and no. It greatly depends on the relationship strain between the parents, too. If there is any degree of alienation happening between the parents, any type of contact becomes difficult, even virtual contact. So perhaps this situation deems the necessity for the order to contain virtual

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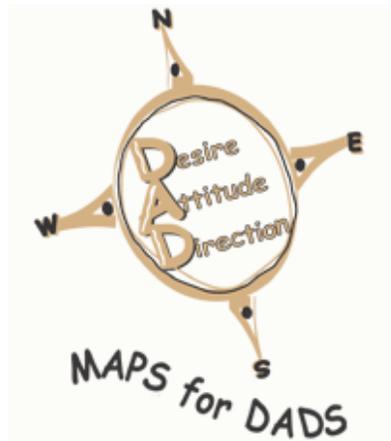
Thank You to our Supporters (January-March 2006)

We want to take a moment and say **thank you** to some of our donors and supporters in 2006:

- Services Canada
- United Way—Nanaimo
- Ministry of Children & Family Development
- The Queen Alexandra Foundation
- FK Morrow Foundation
- All our volunteers who gave generously of their time and talents
- Also, many anonymous donors who gave financially, gifts, and of their time.

Potential Consequences of Absent or Uninvolved Fathers

- Fatherless daughters are 111% more likely to have children as teenagers.
- Fatherless daughters are 164% more likely to give birth to an illegitimate child.
- Fatherless daughters are 92% more likely to fail in their own marriages.
- Fatherless men are 35% more likely to experience marital failure.
- Fatherless children are twice as likely to drop out of high school.
- Fatherless children are failing school not because they are intellectually or physically impaired, but because they are emotionally incapacitated.
- In schools across the nation, principals are reporting a dramatic rise in aggressive, acting-out behavior, especially among boys who live in single parent homes.
- Fatherless children are from 100 to 200% more likely to have emotional and behavioral problems according to the National Center on Health Statistics.
- Fatherless sons are 300% more likely to be incarcerated in state juvenile institutions.
- Fatherless daughters are 53% more likely to get married in their teenage years.
- The most reliable predictor of crime is neither poverty nor race, but growing up fatherless.
- More than 70% of all juveniles in state reform institutions come from fatherless homes.
- Children from father absent homes make up 63% of youth suicides.
- Fatherless young adults are twice as likely to need psychological help.



For more information on Healthy Families San Angelo, please visit their website at <http://www.hfsatx.com/>

Call for Resource Links

Jonathon van der Goes, *Director of Client Services* for NMRC, has posted a Canadian map in our meeting room. He is looking for resources for men in Canada. If you know of any resources, please contact him at nmrc_jonathon@shaw.ca and tell him about the resource. Or, you can put the details (including name, contact info, website, email addresses and phone and fax numbers) on a business card size piece of paper and post it next to the map and take a corresponding thumb tack with a

number and place it on the map.

Jonathon says, "I've heard for quite some time that there are three Men's Resource Centres in Canada, and I only know of the Windsor Family Forum and



ourselves. I've also had contact with a gent in Prince Rupert, and I have a card for a gent in Abbotsford. I've heard of a possible Centre in Edmonton, and in Winnipeg, but I have no specific information at this point. I've had some contact with someone in Ottawa, and I hear of something in Toronto, and of course we have contacts in Duncan, Courtenay, and Victoria.

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Men, Women, and Children**

**Are you a member of
NMRC yet???**

- \$10 Individual (1 Year)
- \$100 Corporate (1 Year)

We're on the Web!
www.nanaimomen.com

Dads Make a Difference
Fathers Day, June 18, 2006
THREE EVENTS IN THREE CITIES

VANCOUVER
2 - 4 pm
New Westminster
Moody Park
• Games
• Barbeque
Come Join in the Fun!!!

VICTORIA
2 - 4 pm
Information Booth at
Royal Roads University
Recreation Centre
8th Annual
Do It For Dad Walk/Run
for Prostate Cancer

NANAIMO
2 - 4 pm
Maffeo Sutton Park
Fun for the Family
Barbequed Hot Dogs
Honoring Dads Ceremony

CONTACT

VANCOUVER Parents Coalition of BC 604.417.4045 info@parentswhocare.ca	NANAIMO Nanaimo Men's Resource Centre 250.716.1551 nmrc@shaw.ca	VICTORIA Parents Coalition of BC 250.652.3205 info@parentswhocare.ca
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visitation. We also need to keep in mind that sometimes when parents split the "reasonable and generous access" clause works. But as time goes by things do happen that make two "reasonable" adults less so. So it is important to have these clauses added or specific to protect not so much the parents as it is to protect the children who may potentially lose access to a parent due to alienation.

When I was a kid I couldn't even imagine

carrying a "personal phone" let alone text messaging & emailing and doing business and personal stuff on the go like that. Mind you when I was a kid I imagined that my life would look like the Waltons (maybe with not so many kids). But it isn't and I use whatever means I can to keep up with my kids. In fact as I type up this article at work, I am chatting with my eldest via MSN.

Which leads me to the next issue: Can we convince our employers to let us have access to our kids via things like MSN as long as it

doesn't interfere with our work? I am fortunate, since I work in a place that promotes the family, that this is good. But I also have good enough boundaries to shut off MSN when I need to really get down to brass tacks. I guess some people don't.

Virtual Visitation! Where will this lead us? What is the next techie thing to come down the line? Whatever it is I say....do it...use it...be a part of your kids life....they need you. And you know what? You need them too.

JAL