

F.I.T. DAD

F.I.T. DAD is a fatherhood support group for any adult male, that focuses on improving parenting, co-parenting, blended family skills, and increasing commitment, involvement, and responsibility as a father. Using The National Fatherhood Initiative's 24/7 DAD, Inside Out Dad, and the powerful 33 Series: Authentic Manhood Curriculum, fathers learn about the important, God-given aspects of understanding their design, personal story, potential traps, work life, marriage, and fatherhood. The program is also offered within correctional facilities to provide out-going residents with the skills they will need to be successful through their re-entry to the community, and their families. It is also provided for any court involved father that has been ordered to attend a parenting component.



There are 67.8 million fathers in the U.S. and 24 million children who live without their biological father.

Meeting Times:

Tuesdays 6:00-8:00 pm

Location:

VFS Resource Center, 1359 Royalty Drive, Alabaster, Pelham, AL 35124

Cost:

Free of Charge

For More Information Email: Fatherhood@vfsdads.com

Benefits For Fathers

- We offer 15 years of experience working with attorneys, judges & father clientele
- We provide advocacy and support to fathers
- We provide a Letter of Program Completion for your case management
- We combine our experience with parenting plans, parent education classes and divorce & family mediation to provide the optimum result for your client
- We help with life skills and workforce development

The Importance of Father Involvement

COST: Children of absent fathers are...

- 5 times more likely to live in poverty
- 3 Times more likely to fail in school
- 2 times more likely to develop emotional and behavioral problems
- 2 times more likely to abuse drugs

BENEFIT: Children with fathers display...

- Better cognitive outcomes
- Higher self-esteem and less depression
- Higher grades, test scores / academic achievements
- Lower levels of drug or alcohol use
- Higher levels of empathy and Pro-social behavior



"Every kid has a right to know their father."