

# FIT FATHERS *in* TRUST

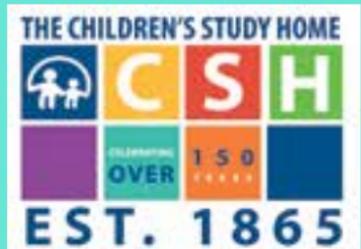
OPEN TO THE COMMUNITY

## FATHERHOOD

Family  
Committment  
Unity



Strength  
Responsibility  
Support





*Open to anyone in a fathering role and offered throughout Western Massachusetts, the Fathers in Trust program is a parent education initiative for men ages 16-60, developing skills central to positive parenting and healthy outcomes for children and families.*

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*“The Fathers In Trust movement has been a blessing to me in so many ways, as it has helped me improve my quality of life in respect to relationships and fatherhood. In my past life I refused to trust anyone. With Fathers In Trust the question of betrayal ceases to exist, for we have formed an alliance based on trust and respect far worthier than any street gang.”*

**- Manny Del Hoyo, FiT Graduate**

*“Battling my sobriety I learned what it means to take one’s self inventory. Fathers In Trust allowed for this process to happen without polluted pain but instead truthful testimony. Mr. Kyles along with my brothers in Fathers In Trust helped me to identify and then apply the tools and attributes that I’ve been blessed with from birth.”*

**- Joseph Morrison, FiT Graduate**

# THE CURRICULUM

At the core of the Fathers in Trust program is the Fatherhood Development Curriculum, written and developed by Dr. Jeffery M. Johnson. The curriculum was developed through consultation with fathers, trainers and case managers, with extensive site visits and observation of trainers and participants.

The Fathers in Trust program is a 32 hour course (on average 16 weeks) that will cover the Fatherhood Development Curriculum, in a series of 2 hour sessions available on weekdays or weeknights at the Children's Study Home. We also offer the FIT curriculum in conjunction with the After Incarceration Support Systems (AISS), a program of the Hampden County Sheriff's Department, located at the WW Johnson Life Center at 736 State Street in Springfield, MA. This 2 hour course at AISS is held on Wednesday nights from 5-7PM.

At the heart of the course are 5 Modules, each addressing a key area that will allow men to develop skills and relationships that increase positive outcomes in their families.



## MODULE 1 – PERSONAL DEVELOPMENT

Fatherhood Development starts with the fundamentals. Establish goals and values, and reflect on what you have accomplished and what you soon will. Understand the concept of manhood, as you see it, and as the world sees it. Redefine what it means to be a man and address issues of self-sufficiency.



GOALS

## MODULE 2 – LIFE SKILLS

Equip yourself with all the tools needed to succeed. Learn the values of good communication, and active listening. Find new ways to make empowered decisions and overcome the stresses of fatherhood. Find ways to overcome barriers, adversity and discrimination, wherever you might find them.



VALUES

## MODULE 3 – RESPONSIBLE FATHERHOOD

Unlock your potential as a father. Learn what fatherhood means today, and how it has changed over time. Understand the child support system and learn how it affects you. Recognize the needs that all children have, and the influence that a father has in their lives. Overcome the difficulties of being a single father. Find new ways to help children learn and grasp how much empowered fatherhood can affect a child's self-esteem.



RESPONSIBILITY

## MODULE 4 – RELATIONSHIP

Fatherhood, family, friends, so much of life revolves around relationships. Discover what you desire from relationships, and learn how to resolve conflicts to keep them whole. Understand and utilize the support network that surrounds you, and redefine the way that you think about male and female relationships.



TRUST

## MODULE 5 – HEALTH & SEXUALITY

This module confronts myths men may hold about health, sexuality, sexually transmitted diseases and substance abuse. Activities in this module encourage participants to explore their values and to apply life skills to these issues.



### COMMUNICATION

***“Father’s in Trust (FiT) continues to be a life-changing movement for myself and the men that I’m so privileged to serve. FiT is a program that has, and will continue to, change the lives of Men, Families, and Communities for years to come. I have been so privileged to have witnessed its unique power!”***

**Michael Kyles,  
Program Manager  
The Children’s Study Home**

# About Us



The Children's Study Home is dedicated to partnering with families by providing innovative and educational programs and services that strengthen children and families; empowering them to succeed at home, within the community, and throughout life.

The Children's Study Home serves children, adolescents, and families with special needs throughout the Pioneer Valley, the Berkshires and Cape Cod areas. The children we serve are often struggling to cope with behavioral, psychiatric, and cognitive issues related to the experiences they have survived. Our staff assesses their needs and develops individualized service plans that foster recovery, growth, and wellness.

**AISS**



The AISS, located at the WW Johnson Life Center, assists formerly incarcerated people in all aspects of their lives as they transition from incarceration into the community. Many of them face a range of issues, such as addiction, mental health problems, lack of identifying documents, employment obstacles, financial concerns, limited education, poor housing situations (or lack of housing), etc. They also cope with a lack of familial support, poor self-esteem, fear of failure, and a constant temptation to return to the criminal lifestyle.

# Contact

## ENROLL TODAY!

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