



# Community Action Opportunities

HELPING PEOPLE. CHANGING LIVES.

## **Nurturing Father's Class**

2004

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A pilot session of the Nurturing Father's Program is being completed this week at the Buncombe Correctional Center in Weaverville, where a group of 13 fathers has been meeting for several months under the direction of Robert Simmons from the Life Works for Fathers Program (Opportunity Corporation). Currently incarcerated, these fathers have been learning about themselves as fathers and men through an exchange of ideas and experiences, and self-examination. Their graduation from the Nurturing Fathers Program will be marked by a graduation ceremony to which their children and families are invited.

Nurturing Fathers Program is group-based program for developing attitudes and skills for male nurturance. Weekly class topics are "Nurturing Ourselves/Our Children", "Discipline without Violence", "Teamwork with Spouse/Partner", "Balancing Work and Fathering", and "Communication and Problem Solving". The fathers in this program have demonstrated a strong and sincere willingness to learn and improve themselves both as men and fathers. These classes bring together fathers with their children and their custodial parents or guardians with the intended outcome of the group interactions is twofold: (1) to reinforce the skills learned in class and, (2) for the children and custodial parents or guardians to view their fathers with a new perspective as they utilize their nurturing "tools".

The Asheville Playback Theatre, a group of improvisational actors, has been an integral part of the program. Their dramatizations of true life problems and situations provided the fathers with the opportunity to communicate with their children in a totally different manner, which can ultimately aid them in establishing stronger relationship. For fathers, this helps reinforce that they are not alone in the challenges they faced in their relationships with the children.

The Program addresses the diverse dilemmas parents face, and will help fathers and their children's custodial parents present a unified front as they endeavor to provide their children with the life skills and proper guidance children need in order to make better day-to-day decisions to succeed in life.

Contact: Robert Simmons, Life Coach

[www.communityactionopportunities.org](http://www.communityactionopportunities.org)