



COMMUNITY SERVICE COUNCIL
**Healthy
Start**

FATHERHOOD PROGRAM

*Strengthening
fathers to give
infants & children
a healthy start*



**COMMUNITY
SERVICE
COUNCIL**
Improving Oklahomans' Lives Through
Research, Planning & Action



Community Service Council's Healthy Start Fatherhood Program

is committed to strengthening father-child relationships through increasing men's involvement in the lives of their children and families. We promote this philosophy by linking fathers and father figures to resources and services that can strengthen their role as an involved father.

Our program is convenient and flexible. We work around employment and family schedules, providing a quality service Monday through Saturday that fits in with each individual's needs, activities and plans.

A photograph showing the lower legs and feet of a father and child walking away on a paved path. The path is covered with fallen autumn leaves in shades of yellow, orange, and brown. The father is wearing blue jeans and black sneakers with white soles. The child is wearing blue jeans and black sneakers with white soles. The background shows a wooden fence and more trees with autumn foliage.

Fatherhood Pledge

I pledge to honor, support and respect my child's mother throughout her pregnancy and beyond. No matter how hard times get, I pledge to never use violence of any form in my relationships. I pledge to discipline with love, be a role model, and teach my children their value and self-worth. I pledge to provide for my children and family spiritually, emotionally and financially.

I pledge to love my children and family unconditionally.

Reasons to Join

Studies suggest that parenting programs can improve the quality of father-child relationships. CSC's Healthy Start Fatherhood Program accomplishes this in two ways. We work with fathers to increase their **JOB READINESS AND EMPLOYABILITY**, helping them identify and access resources in the community while giving them greater confidence and ability to support their children. Additionally, we equip fathers with **PARENTING SKILLS** to strengthen their children's development, such as the ability to make choices and solve problems, that help build a foundation for success later in life.

Activities

We sponsor several family-focused activities every three months for participants, including Men's Health & Wellness Expo, A Day at the Zoo, Healthy Start: A Family Affair, Bridges out of Poverty, Baby Buggy Walk in the Park, and more.

Services

We help fathers and father figures access the following resources and services to give them the knowledge and skills to be strong role models in their children's lives.

- ▶ Employment Referrals
- ▶ Mentoring
- ▶ Parenting Skills
- ▶ Child Support Referrals
- ▶ Legal Referrals
- ▶ Family Planning Referrals
- ▶ Money Management
- ▶ Men's Health
- ▶ Setting Education Goals

Facts about Fatherhood



According to the U.S. Census Bureau, 24 million children, **1 out of 3**, live without their biological father in the home.

According to the National Fatherhood Initiative, children raised in a **fatherless home** are:



At greater risk of poverty



At risk of dropping out of high school



7X

More likely to become pregnant as a teen





FATHERHOOD PROGRAM

Visit csctulsa.org/healthy-start to join
or for additional resources on fatherhood.

ABOUT

In 2018, the Community Service Council (CSC) celebrates our 77th year of research, planning and action around improving the lives of Oklahomans. We bring people together to research, plan, coordinate action, and assess progress to address many of Oklahoma's most critical health, social, education and economic challenges, and advance effective community-based solutions. Our focus is on prevention – implementing strategies that invest in individuals and families across the lifespan to better care for themselves, their families, and our community. csctulsa.org

Community Service Council Healthy Start

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