

Be a Friend/Be a Hero

There's a  
Hero in You

You are  
Brave

You are  
a Role  
Model

2021 Newsletter

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## Dads and Father Figures

Every family is different and has its own dynamic and challenges. Beacon Community Impact, the community outreach arm of Beacon Health System, offers robust support programs for moms, dads, guardians and caregivers. In honor of Father's Day, StressHappens is highlighting our DADs program. Read on to learn about this amazing group for dads and father figures in St. Joseph and Elkhart Counties. Then, learn some parenting tips for parents from our Dadvocate Danny Marshall.

### DADs Program

Community Impact's **DADs (Dedicated Active Dads)** Program is run by the Dadvocate Danny Marshall. The program provides local dads with education and support and connects them with additional community resources. All dads and father figures are welcome to join this group. The group meets weekly through Facebook Live. When safe to do so, the group meets in person. Dads are able to share about their experiences, challenges and victories of parenthood with other dads. Each session provides an educational component that centers on an issue affecting parents.

The DADs class also connects participants with educational and legal resources. Through a partnership with Community Impact's BABE Store, participants can also earn incentives like diapers, wipes or other essentials for babies through attending the DADs program.

The DADs program also hosts pop up events throughout the year to engage dads, families and communities. Community Impact also offers a **Motivated MOMs** group for moms to support and learn from each other. All moms and mother figures are welcome to join the MOMs Group. To see event dates for DADs and MOMs programs, follow the Community Impact BABE Store [Facebook](#) and [Instagram](#) pages.

- For more information on the DADs program, please email Danny Marshall at [DCMarshall@beaconhealthsystem.org](mailto:DCMarshall@beaconhealthsystem.org).
- For more information on the MOMs program, please email Crystal Monnin at [CMonnin@beaconhealthsystem.org](mailto:CMonnin@beaconhealthsystem.org)

### Tips for Dads and Father Figures

When asked for the top 5 pieces of advice for dads, Danny the Dadvocate provided these tips for parents connecting with their children.

- **Time is Free** – It doesn't cost you anything to be involved in your child's life.
- **You don't have to know everything** – it is okay to ask for help.
- **Don't be afraid to create your own traditions with your kids.**
- **Dads nurture** – a dad's bond with his child is important!
- **Continue to change society's norm of fatherhood** – Dads can show emotion. Dads can commit. Dads can be peacemakers!