



Fresno Fatherhood Collaborative

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Father's Day: Making Memories

By: Jon Hart, POPS Education and Community Outreach Specialist

Father's Day has been celebrated for over 100 years. It's also an event celebrated in many countries around the world, although at different times of the year. In North America and the United Kingdom, Father's Day is celebrated on the third Sunday in June.

Father's Day is a very special day for me, not just because I am a Father, but because I was fortunate to have a great dad. Father's day can spark special memories for us, or not so great memories in us.

Is there a dad in your life you can celebrate this year? Find someone in your life who is a dad — a nephew, neighbor or someone who is a father figure to you — and celebrate what is right and good in their family. Parenting can be hard, so encourage this dad's commitment to his kids and his family. Your support will go a long way. Here is a list of some ideas you can do to celebrate Father's Day:

- Consider building the celebration around an

activity you all can enjoy

- Plan a family barbeque
- Go to a sporting event
- Go fishing
- Bake a cake
- Write a poem

Take some time to do something memorable together. Memories will last a lifetime, and spending a weekend to celebrate is a great way to make those memories.

Spotlight: Jose Mauricio Jimenez

By: Torrie Gill, POPS Employment & Training Case Manager

IN THE POPS SPOTLIGHT



Photo: POPS LCC Participant Juan Mauricio Jimenez

"The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn."

Jose Mauricio Jimenez is a father of six who is a strong believer in a person's ability to change for the better. "I would like to say that with age comes change but that isn't the truth, I'm 40 years old and I still have a lot of changes to make." Jose has been enrolled in the POPS program since January, he completed the Love Notes curriculum. In Love Notes, he learned that a healthy relationship between two parents equals a healthy relationship for the children.

When Jose was growing up, he didn't have a positive stable home life. His parents never spoke to each other, they argued and he thought that was a healthy relationship because he was still fortunate enough to have both parents in his home. "I didn't know what a healthy relationship was until I stepped into the Love Notes Class." While completing the class, Jose was attending Job Readiness building with Business Account Specialist Rick Bazaldua while attending the job readiness curriculum, his bike was stolen at the

Employment & Training facility. Luckily the Employment & Training POPS program was fortunate enough to replace his stolen bike with a brand new one.

After the completion of Love Notes and his job readiness, he received 100 hours of subsidized employment at Las Casitas Retirement Village as a maintenance man. Jose is positive about his future and hopes to attend a technical school where he can improve his maintenance skills.

A Message From Shawn

- Shawn Riggins, Fresno EOC Local Conservation Corps Director

POPS Collaborative Partners

- County of Fresno Veterans Services
- San Joaquin Valley Veterans/ WestCare
- Department of Child Support Services
- **Fresno EOC**
 - Employment & Training
 - Local Conservation Corps
 - Sanctuary & Youth Services
- Fresno Housing Authority
- Fresno Street Saints
- First 5 Fresno County
- Marjaree Mason Center
- West Fresno Faith Based Organization



The month of June signals the half-way point of the calendar year and, for our Proving Our Parenting Skills (POPS) program, the end of the third quarter. In absence of the extension for Year 4 we were recently granted by the Office of Family Assistance that we would be nearing the end of the POPS program this September. The extension through September 2015 allows our POPS Collaborative to continue to serve many more fathers. It also grants our collaborative an additional year to refine our program in preparation for the next round of funding. As a reminder, the Federally funded Responsible Fatherhood program was introduced because of the lack of resources geared towards fathers.

In my opinion, POPS is not just about receiving funding and producing another program. POPS is about wanting to reverse decades of a steady decline of families, in part, due to the absence of responsible fathers. In my opinion, young boys and young girls, in particular, those of color, need to see a positive male figure in their lives. During my 12 years at the Fresno EOC Local Conservation Corps/YouthBuild Fresno, I have seen hundreds of young people come through the program, many who did not have a relationship with their fathers.

Fathers who are trying to do the right thing are bombarded daily by images in today's culture that fathers are no longer needed. That fathers do not have the impact a mother has on a child. That fathers are incapable of showing our children the same love and care. Too many men accept this. As long as I am Director of the LCC/YouthBuild Fresno, we will provide opportunities for young men to become better men and better fathers.

Happy Father's Day!

POPS Gives Back



On May 24th, the Fresno EOC Sanctuary POPS program held a ReCycle, basic bike repair event. The event was lead by POPS Fatherhood Ambassador, Ernie Perez along with his volunteers from the Lowell Elementary neighborhood Bike Club that assisted with the repairs. In addition to the bike repairs, there was also a barbeque, raffle, and free bike helmets.



Cole's Top 10 List of Health tips!

By: Cole Scroggins, Fresno EOC Sanctuary Youth Outreach Worker & POPS 24/7 Dad Facilitator



As we gear up to National Men's Health Week (June 9-15, 2014.) We should take action daily to live a healthier and productive life for ourselves and more importantly our children!

1. Eat a healthy breakfast! It is really is the most important meal of the day, and for good reason. It gives you the energy to get going in the morning.
2. Go for a morning walk. Even 10 or 15 minutes will help wake you up, get your metabolism going and burn a few extra pre-breakfast calories.
3. Make a weekly meal plan. Be sure to stick to a food budget, a special diet or a weight loss program, all good eating intentions fall apart when there is a lack of planning.
4. Run or walk for charity! Consider signing up for a walk or run for charity this month!
5. Go shopping at your farmer's market. For the freshest produce, go straight to the source your local farmer's market is a great resource for fresh, healthy produce, and by purchasing from local producers, you're helping supporting your local economy.
6. Take a bike ride! Cycling can reduce stress and depression and improve well-being and self-esteem.
7. Explore the outdoors! When your family is so very busy, spending time outside can seem like a luxury. However, research shows that time in green areas is important to overall health and well-being of children as well as adults.
8. Keep junk foods to a minimum. Birthday cake at a party is fine, but cake and ice cream every day is not. Empty calories in soft drinks and fatty foods promote obesity, which causes all kinds of health problems.
9. Take time to see a physician. Schedule your annual checkups following exams, measurements and lab tests help identify treatable problems early. For many medical conditions, early treatment can help prevent more serious problems.
10. Spend time as a family. Even dedicating 20 minutes a day to family time can help your children grow up to be happier and healthier!

My Father, My Hero

By: Jon Hart, POPS Education and Community Outreach Specialist

It was my father who picked me up at the airport at the age of 12 to live with him.

It was my father whose face I saw at all my sporting events.

It was my father's face I saw at my High School Graduation.

It was my father's face I saw at my USMC Graduation.

It was my father's face who I saw at my College Graduation.

It was my father's face I saw when I returned after spending 2 years in the

Middle East.

It was my father's face I saw when I was in County Jail and nobody would come visit me.

It was my father that sat next to me in rehab.

It was my father who stood by me as I fought for my children.

It is my father that taught me how to be a winner. It is my father that taught me how to be a good father.

You See, My Father's Love is



unconditional.

My father Saved my Life.

My father is my Hero.

Upcoming Events...



PARENTING EDUCATION CONFERENCE



Conference Details:

Date: June 28, 2014
 Time: 8:00am-1: 30pm
 Location: Fresno City College
 1101 E. University Ave.
 Fresno, CA 93741
 Cost: **FREE!**

We know that the job of a parent is the most important job there is and we have created a day just for you! There will be workshops specific to parenting, fatherhood and parent-child interaction where you can learn tips, tricks and techniques on how to build your parenting toolbox. All Fresno County parents are invited to attend this **FREE** half-day conference where there will be **FREE** food and **FREE** prizes raffled!

For more information please contact Jessica Shadrick, Parenting Education Coordinator at jessicas@cvcsn.org or (559) 456-1100.

Schedule of Events

- CHOICES Anger Management Monday's at EOC NYC- from 3:30 to 5:30 PM (Open Enrollment). CHOICES
- CHOICES Anger Management at WestCare (Closed Group)- Tuesdays from 10:00 AM to Noon.
- 24/7 Dad Classes at Fresno EOC NYC (Open Enrollment)- Tuesday and Thursday from 3:30 to 5:30 PM.
- Love Notes Healthy Relationship Classes at EOC NYC- Tuesday and Thursday from 3:30 PM to 6:00 PM.

June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CHOICES	3 24/7 DAD CHOICES W	4	5 24/7 DAD Love Notes	6	7
8 Daddy 'N' Me Day!	9 CHOICES	10 24/7 DAD 24/7 Dad SA CHOICES W Love Notes	11	12 24/7 DAD Love Notes	13	14
15 Daddy 'N' Me Day!	16 CHOICES	17 24/7 DAD CHOICES W	18	19 24/7 DAD	20	21
22	23 CHOICES	24 24/7 DAD CHOICES W	25	26 24/7 DAD	27	28
29	30 CHOICES					



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