



# Fresno Fatherhood Collaborative

## Inside this issue:

Stepfamily Myths	1
POPS Spotlight	1
Shawn's Message	2
10 Fall Activities	3
Calendar of Events	4

## National Stepfamily Day: Demystifying Beliefs About Stepfamily

By: Phoua Vang, Fresno EOC Local Conservation Corps

Today's family structure has undergone many changes. Children are raised in a single parent home, often by their mother. According to the U.S. Census Bureau, about 24% of children ages 0-17 lived with only their mother while 4% of children live with their father. Many of these children will be part of a blended or stepfamily structure.

This can become a challenge for the adults and children. Feelings of jealousy, hostility or guilt may arise. However, being

included in a stepfamily is not all bad. It requires time for things to be better and for new family members to get along.

September 16<sup>th</sup> has been designated as "National Stepfamily Day". The day was established in 1997 to bring awareness and to celebrate stepfamilies throughout the country. In recognition of this day, I would like share some myths about stepfamilies from the National Stepfamily Resource Center.

### Myth #1 – Love occurs instantly between the child and stepparent

This is the expectation that because you love your new partner you will automatically love his or her children; or that the children will automatically love us because we are such nice people. Of course, if we think about it, we recognize that establishing relationships takes time; that it does not happen overnight or by magic.

## Spotlight: Aviarie Evans & Timothy Calomiris

By: Torrie Gill, Fresno EOC Employment & Training

Employment and Training POPS Participants Aviaire Evans & Timothy Calomiris received job offers at Marshalls. Due to completing the POPS Healthy Choices Curriculum class and completing various job readiness workshops both participants received 130 hours of work experience.

In the job readiness workshops, participants complete a number of

job applications on which they received feedback. In addition, participants experience a realistic mock interview process during which they were asked real life questions. The process lasts about one hour and focuses on the following areas: self-knowledge, past experiences, knowledge of preferred industry and how well the applicant can convey that information. Lastly, job readiness participants receive online job searching 101 training.

These young men showed much dedication to the POPS program. While placed in their work experiences, both young men showed the Marshalls staff that they were reliable, responsible and ready to take initiative.

"Work ethic is a value based on hard work and thoroughness and that is what Fresno EOC Employment & Training has taught me in the job

readiness workshops," stated Aviaire.

"Getting this as a permanent job will allow me to financially provide for myself and my two wonderful babies. I have always been a father to provide emotional support to my children now I can also provide financial as well," expressed Timothy.

## 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



Over two years ago, in preparation for our grant application to the Federal Office of Family Assistance for its Responsible Fatherhood grant, the Fresno EOC POPS Collaborative decided to target fathers, age 30 and under, to receive services under the grant.

With the increasing awareness of the Fresno EOC POPS program in the community, including Family Court, Children's Support Services, and to our returning military veterans, we have received requests to expand the age range of the fathers we are able to serve. I am proud to report that when year three of POPS begins on October 1, 2013, we will now provide parent education, healthy relationship and anger management prevention education for fathers age 45 and under. Please help us in spreading the word.



### Myth #2 - Children of divorce and remarriage are forever damaged

Children go through a painful period of adjustment after a divorce or remarriage. Adults often respond to their children's pain with guilt. Somehow they feel they can "make it up" to them. This leads to difficulties in responding appropriately to our children's hurt and setting appropriate limits - an important part of parenting.

Researchers have hopeful news about children of divorce and remarriage. Although it takes some time, most children do recover their emotional equilibrium. 5 and 10 years later most are found to be no different, in many important ways, from kids in first marriage families.

### Myth #3 - Stepmothers are wicked

This myth is based on the fairy stories we all hear as children. Because these stories tell about stepmothers who are not kind, nice or fair, we may be confused about our roles when we become stepmothers. We are nice

people, wanting to do a good job, but the world seems to have another idea about stepmothers.

This negative concept of the stepmother role imparts us in a very personal way and we may be very self-conscious about our step-parenting. Research tells us that stepmothers have the most difficult role in the stepfamily. (But, if you are a stepmother, you knew that already!)

### Myth #4 - Adjustment to stepfamily life occurs quickly

People are optimistic and hopeful when they remarry. They want life to settle down and to get on with being happy. If your hope or expectation is that once the wedding vows are spoken life will return to normal (whatever that is), you are going to be disappointed.

Because stepfamilies are such complicated families, the time it takes for people to get to know each other, to create positive relationships, and to develop some family history is significant, usually at least four years.

### Myth #5 - There is only one kind of family

This is the myth that says you will be just like a first marriage (or biological) family. Today there are lots of different kinds of families; first marriage, single parent, foster, and stepfamilies to name a few. Each is valuable and has different characteristics. Just because there are two adults in the stepfamily doesn't mean that it recreates a biological family. If this is what you are hoping for, you will be frustrated when it doesn't happen.

For more information and additional resource regarding stepfamily, please visit National Stepfamily Resource Center at <http://www.stepfamilies.info>.

## Cole's Top 10 List: Free Fall Activities in Fresno Parks and other local venues

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



1. Explore Wildlife at the Lewis S. Eaton Trail: This trail begins on the northwest corner of Woodward Park (Friant Road and Audubon Drive) and runs parallel to Friant Road. It is four miles long and provides convenient access to walking, running, cycling, horseback riding, wheelchair access, and nature observation along the San Joaquin River. <http://bit.ly/agWPDq>

2. Go visit the River Center: You can connect with the culture and natural history of the San Joaquin River through art and educational exhibits, programs and activities, gardens and links to pedestrian and bike trails. [www.riverparkway.org](http://www.riverparkway.org)

3. Visit the Lions Park Skate Park: This park is located in Northwest Fresno at 4650 N. Marks, and provides ramps for skateboarders and rollerblades: Note helmets are required at all times.

4. Jump at the California Jumping Outdoor Movie: This event is sponsored by Jumping of Fresno, a local bounce house company that has teamed up with Calwa Park to offer an outdoor movie adventure! Also included in the event will be a backpack giveaway, FREE haircut for the

kids, FREE bounce houses, and many food and club vendors. The purpose of this event is simple, to give back...Come on out and enjoy a movie under the stars. [www.calendar.fresnobee.com/fresno\\_ca/events/show/341773343-california-jumpings-outdoor-movie#storylink=cpy](http://www.calendar.fresnobee.com/fresno_ca/events/show/341773343-california-jumpings-outdoor-movie#storylink=cpy)

5. Visit Radio Park and catch a free art class: Radio Park is home to the Fresno Arts Center. This art center displays art exhibits, provides classes, workshops, concerts and festivals. The Fresno Arts Center is located at 2233 N. First St. in Fresno. For more info call (559) 621-2900. [www.ci.fresno.ca.us/parks-rec](http://www.ci.fresno.ca.us/parks-rec)

6. Learn something new at San Joaquin Fish Hatchery: Open to the public, year round, San Joaquin Hatchery is a fun and educational place for people of all ages to explore. View Rainbow trout in various life stages, feed the fish, and watch them jump. Imagine over one million fish splashing water on you. Visit the hatchery at 17372 Brook Trout Drive in Friant. FREE and open to the public. For more info about tours, call (559) 822-2374.

7. Volunteer at SPCA: Volunteers are welcomed at our Animal Center. The goal of the Central California SPCA is to engage the hearts, hands and minds of the entire community to help animals. Central California SPCA is located at 103 S Hughes Ave, in Fresno. Call (559) 233-7722 to visit, volunteer or get more information.

8. Walk the world-famous Blossom Trail: Surrounded by hundreds of thousands of acres of peach, plum, nectarine, cherry, apricot, apple and almond orchards just outside of Clovis in Fresno County, the world-famous **Blossom Trail** is about 70 miles long and full of the most striking blossoms. [www.experienceclovis.com/BlossomTrail/Trail-Main.htm](http://www.experienceclovis.com/BlossomTrail/Trail-Main.htm)

9. Visit Old Town Clovis During Farmers Market: The Farmers Market runs from May 10 through September 27, 2013 every Friday night from 5:30pm to 9pm. We have a great range of Farmers – including three certified organic farmers – eclectic vendors, delicious gourmet / specialty / entree food vendors and a fun KID ZONE for the little ones, with bounce houses, games, and a craft area! Bring the whole family!!! [www.oldtownclovis.org/events/old-town-clovis-farmers-market-2013-07-05/](http://www.oldtownclovis.org/events/old-town-clovis-farmers-market-2013-07-05/)

10. Play at the park: Visit one of Fresno's parks. Enjoy temperatures that are 20-30 degrees cooler. You will find shaded play structures at Woodward Park, Selma Layne Park, Todd Beamer Park, Al Radka Park, Fig Garden Loop Park and Victoria West Park.

# POPS Program Announcement

## POPS Eligibility starting October 2013

- Must be between 16 to 45 years old
- Fathers including: married fathers, single or unmarried fathers, cohabitating fathers, noncustodial fathers, young or teenaged fathers, new fathers or father-to-be
- Looking to take a more active role as a parent.



## Schedule of Events

- 24/7 Dad Classes at Fresno EOC NYC Tues & Thurs from 3:30-5:30 PM (Open Enrollment).
- 24/7 Dad Classes at Dickey Youth Development Center- Tues & Weds from 3:30-5:00 PM (Open Enrollment).
- CHOICES Anger Management Mondays at Fresno EOC NYC- 3:30-5:30 PM (Open Enrollment).
- CHOICES Anger Management at WestCare (Closed Group)- Tuesdays from 10:00 AM-12pm.
- Love Notes Healthy Relationship Classes at EOC NYC- Tues & Thurs 4:00-6:30 PM; Friday 4:00-6:00 PM.
- Family Movie Night at Fresno EOC NYC Wednesday from 4:30-6:30 PM.

# September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 24/7 Dad 24/7 Dad SYS	4 24/7 Dad SYS	5 24/7 Dad	6	7
8	9 CHOICES	10 Love Notes 24/7 Dad 24/7 Dad SYS	11 24/7 Dad SYS Family Movie Night	12 Love Notes 24/7 Dad	13 Love Notes	14
15	16 CHOICES	17 Love Notes 24/7 Dad	18	19 Love Notes 24/7 Dad	20 Love Notes	21
22	23 CHOICES	24 24/7 Dad	25	26 24/7 Dad	27	28
29	30 CHOICES					



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