

Fraternity of Fathers

Dads Matter: The importance of paternal involvement in a child's life is well documented. Fathers play an essential role in the physical, cognitive, social, emotional, and behavioral development of their kids. Despite the established significance of fathers, there remain few resources and minimal support available for men with children.

Fraternity of Fathers is a program specifically tailored for dads of young children that utilizes adventure therapy principals to deliver attachment-theory based concepts in an interactive, fun, and supportive format. Dads in the community gather together for 10 weekly sessions to discuss fatherhood, how individual experiences impact parenting styles, and new ways to think about and understand the development and behaviors of their children. This is a closed group, meaning fathers who begin the group move through the program together without the introduction of new members allowing for meaningful connections to be made and bonds to be formed with a consistent group of men. The program includes an Individual session so fathers have the opportunity to meet with a group facilitator to explore their satisfaction and feedback about the group and also to discuss additional supports or resources they may need.



“The activities...are really cool and interesting and will definitely help you parent and be stronger of a parent to your kids”.

-- FoF participant

The Fraternity of Fathers program is a collaboration between the University of Michigan and Starfish Family Services that serves fathers who reside in Wayne County, Michigan with children at least one child under the age of 6. Meals are provided for participants free of charge. Transportation can also be provided, if needed.

