



# FLIP

Fathers' Lifetime Involvement Program

FLIP is for fathers. FLIP is a program that helps unite, encourage and assist fathers to resume and/or continue their roles in the lives of their children.

FLIP is as a series of facilitated group sessions that encourage fathers to play a more active role in nurturing and raising their children. Research has shown that children with involved and loving fathers are much more likely to be emotionally and financially secure. Fathers matter, period.



Today, too many of our children are growing up without a father in their lives. Studies show that children who have a father or father-figure in their lives are more likely to do better in school and less likely to commit crimes as adults. Participation with FLIP can help fathers understand and carry out their role as parents.

FLIP exists to assist fathers in reducing the barriers that prevent them from being involved in the lives of their children in a meaningful and continuing way.

To find out more about this dynamic *Fathers' Lifetime Involvement Program (FLIP)*, please contact us at [info@sfvaalo.org](mailto:info@sfvaalo.org).



Men can have trouble expressing their feelings. Some men can feel that society demands them to stay strong and silent. We know and understand that men have emotions, too, and talking about them in a secure setting can help them manage their stress.

The right group setting might help them figure out solutions to life's problems. Men in the right group can develop trusting bonds with one another and reveal things to each other that they might feel uncomfortable telling anyone else.