



Taking Care of Dad

June 2023



Feature Article: **The Importance of Fathers**

Children know instinctively that they need their fathers in their lives and research supports their knowledge. While there are many studies the one by W. Bradford Wilcox, director of the [National Marriage Project](#) and associate professor of sociology at the University of Virginia, offers a clear explanation between the special input of fathers from mothers' in at least four ways: playing, encouraging risk, protecting and disciplining.

[READ ARTICLE](#)



Family Time: **National Camping Month**

Bond with family and nature by camping in your favorite nature spot; beach, desert, mountains or...? Not a camping enthusiast? Then spend time with family and friends exploring nature. Take a walk on the beach, bird watch in the mountains, wade in a stream. Enjoying nature is calming, reduces stress and helps re-define priorities for children and adults.

Summer Safety: **10 Rules for Summer Safety**



Dust off your grill and grab your swimsuits, because the lazy days of summer are here! With the right tools and preparation, summertime can be a relaxing and safe time for you and your family. Here are 10 ways to avoid seasonal mishaps.

[READMORE](#)

A photograph of three elderly people outdoors. A woman in a white jacket is holding a smartphone up to take a selfie. A man in a dark jacket is behind her, and another woman in a yellow jacket is to the right, all smiling and posing for the camera. The background shows trees and a park-like setting.

Senior Corner: **June is National Best Friend Day**

Remember all the special friends over the years? Call or write to those you can. Share fun memories and catch up. Friends make our life richer.

A photograph of a man with a beard and a young child with curly hair. The man is kneeling and looking at the child, who is pointing at him. They are outdoors in a park-like setting with trees in the background.

JUNE 18TH IS
**Father's
Day**

Remember the fathers in your life with fun events, shared memories, pictures from the past and special stories from all generations.

What is Happening at The Stephan Center

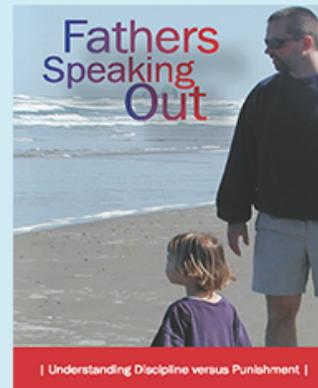
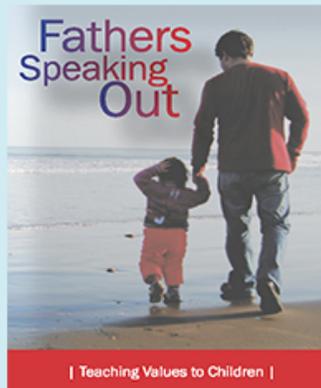
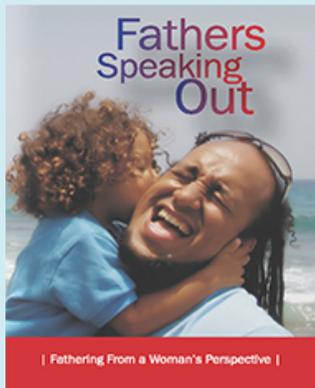


5th Live Theater evening was May 24th!

300 Children and Caregivers enjoyed a fun evening experiencing the musical Little Mermaid performed by CAT (Youth Theatrical Company). Youth in attendance also received a new book to support their pleasure reading. Many thanks to our generous sponsors, community partners and volunteers.



Support The Fathers In Your Programs With The Fathers Speaking Out Video Series



- Strengthen Fathering skills by taking the “Fathers Speaking Out” video class series online.
- Order the “Fathers Speaking Out” videos to use in parent classes and father support groups at thestephancenter.org. Three topics

each in English and Spanish.

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Obtain resources, books and articles for Men and Fathers on The Stephan Center website on the special page just for Men/Fathers

[VIEW RESOURCES](#)

FREE Virtual Classes For Resource Parents!

Register online at: thestephancenter.org

Date	Time	Topic
June 14th	9:00am - 11:00am	Cresting Nurturing Environments
June 19th	6:00pm - 8:00pm	Understanding Challenging Behaviors
June 27th	10:00am - 12:00pm	Understanding Challenging Behaviors

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\$100.00 provides additional resources for all persons grieving a loss

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