

# CENTRE FOR FATHERING





# Who is Centre for Fathering?

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A non-profit organization  
founded in 2000 to promote  
active and involved Fathering

”

*Turning the Hearts of Fathers and  
Children Towards Each Other*







**WE ARE A NON-PROFIT ORGANISATION** and our **VISION & MISSION** is to Turn the hearts of Fathers and Children towards each other by inspiring Fathers to be better role models and strengthen their Families-----



Awarded and recognised for adopting good transparency and governance standards.

**SG's**

**DADs For Life & MUMs For Life movements**

**4 Nation-wide Initiatives**



**Celebrating Fathers**



**Great Companies for Dads**



**150** Dads and Mums Groups formed in Schools, Organisations & Communities

**30** Programmes for Dads & for Mums across life stages including incarcerated Dads and Mums in Singapore Prisons, Single Dads & Dads of Children with special needs

**5**

Unique Father-Child Experiential Workshops

**OUR ANNUAL IMPACT**

**5M** Campaign Reach

**300K** Families engaged

**5K** Fathers supported

**60K**

Fathers Equipped since Father's Day 2000

**DONATE & SUPPORT TO CENTRE FOR FATHERING CHARITY BALL 2023**  
Help us achieve the \$2.6M that we need annually to strengthen families in Singapore by donating and supporting our Fund-raising Gala Dinner.

Scan the QR Code to Donate

[WWW.GIVING.SG/CFF/CHARITYBALL](http://WWW.GIVING.SG/CFF/CHARITYBALL)



**ALL DONATIONS ELIGIBLE FOR**

**2.5X**  
**TAX DEDUCTION**





# 4 Nation-Wide Initiatives



## Eat with your Family Day

Takes place four times a year on the last Friday of each school term.

Encourage organizations to allow employees to leave work early at 5pm to enjoy a meal with their children and families



## Great Companies for Dads Awards

Singapore's first award to recognize outstanding organizations with policies and practices that support fathers in the workplace



## Celebrating Fathers

Takes place in June each year, is a month-long series of activities to celebrate the role of fathers and raise awareness of the importance of active fatherhood



## Back to School With Dad

Encourage fathers to make a commitment to accompany their children to school at the start of the new school year



# **DADs** for **Life**

Launched in November 2009

To inspire and involve fathers to be good influencers in their children's lives.. For life.



# Mobilizing Fathers to A.C.T



**A**

Be **Aware** of the importance of a husband's and father's role



**C**

**Commit** to be good fathers and role models to their children



**T**

Spend **Time**, acquire **Tools** and bring **Transformation** to lives





**mums**  
for Life

Having established our role in empowering fathers, CFF and DADs for Life partnered with a group of mother volunteers to launch a national ground-up movement – MUMs for Life in 2019.

MUMs for Life celebrates a mum's unique identity as a woman and her irreplaceable roles as a daughter, wife and mother.



# DIFFERENT ROLES

“

Fathers and Mothers play  
irreplaceable and complementary  
roles in parenting

”

Each has their role to enable growth in their children







*"No one can do everything but everyone can do something"*

A President's Challenge initiative by ECDA that inculcates values in our children and encourages them to give back to the society



**Start Small Dream Big 2024**





# Breakfast With Dads

The father-child relationship is a significant factor in the emotional and cognitive development of a child. Breakfast is the most important meal of the day.

This workshop will have the father and the child embark on a breakfast preparing session together. They will then have the breakfast that they have prepared. This is an experience that is fun and impactful for both father and child.

2 hour workshop with CFF facilitator

Min 8 father-child pairs, Max 12 father-child pairs



# Breakfast With Dads 2023







# CFF Talks

## Parenting in the Digital Age

This workshop is designed to empower parents and offer valuable insights and practical advice for guiding children in the digital realm. Topics include understanding the digital landscape, managing screen time effectively, navigating online platforms with children and fostering critical thinking skills when consuming media.

## Emotional Resilience: Regaining Control

Mothers are able to influence the emotional climate at home. How we tend to deal with our feelings affects how we react to our children's emotions. Through the T.E.A. process, we can learn how to be positive role models to our children by regaining better control over our emotional experiences.

## Raising Courageous Children

It is natural for parents to be protective of their children. As mothers, this natural instinct kicks in even before the birth of our children. We have good reasons to want them to be safe. But how well are we preparing our children to live courageously in a tough reality? Find out how you can help grow their resilience to bravely face the challenges in life.

Each talk is 1.5 hour with CFF facilitator

Min 30 parents (or Mums)



# CONTACT US

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# THANK YOU



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