

CENTRE FOR FATHERING





Who is Centre for Fathering?







WE ARE A NON-PROFIT ORGANISATION and our UISION & 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------











Programmes for Dads & for Mums

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



OUR ANNUAL IMPACT

5 M Campaign Reach
300 K Families engaged
5 K Fathers supported

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















4 Nation-Wide Initiatives



Eat with your **Family Day**

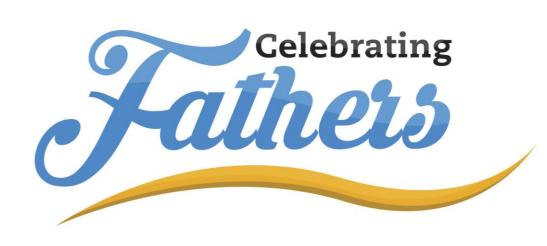
Takes place four times a year on the last Friday of each school term.

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

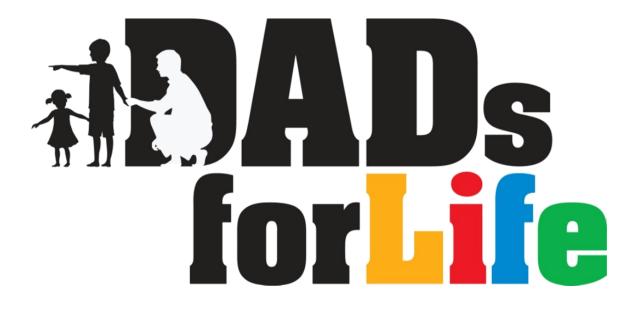
Takes place in June each year, is a month-long series of activities to celebrate the role of fathers and raise awareness of the importance of active fatherhood



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





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

Т

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











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

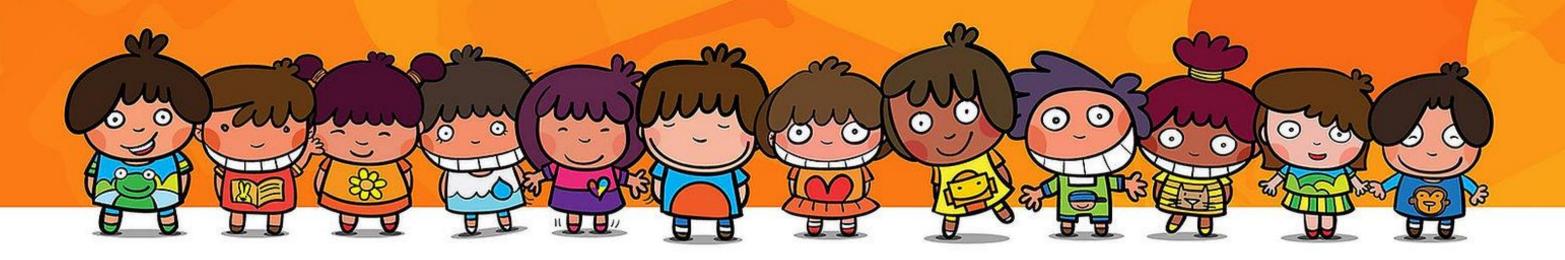






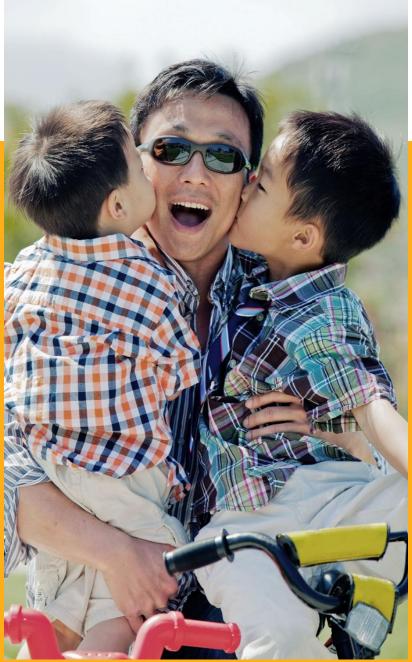
"No one can do everything but everyone can do something"

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 facilitatorMin 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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Dads for Life & Mums for Life



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