

THE MAN CAVE

SHOWING UP: WHY FATHERS IN ACTION NETWORK
IS CHANGING WHAT FATHERHOOD LOOKS LIKE

A photograph of a Black man lying on his back on a light-colored, textured surface. He is wearing a light blue t-shirt and has a joyful expression, with his mouth wide open in a smile. A baby, wearing a white knit sweater, is lying on top of him, resting their head against his face. The baby's hand is visible, touching the man's cheek. The overall mood is intimate and affectionate.

FOR EVERY FATHER WHO WAS NEVER
SHOWN HOW, THIS ONE'S FOR YOU.

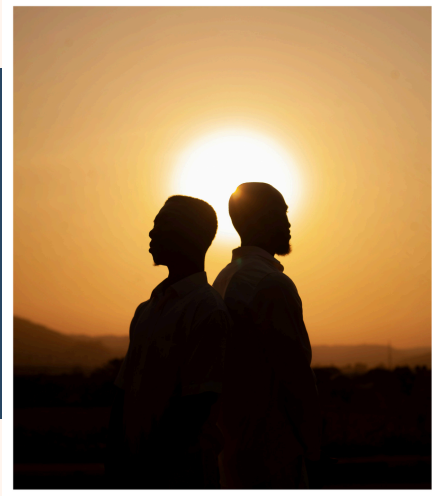
FATHERHOOD ISN'T
PERFECTION
—IT'S PRESENCE.

F.I.A.N.

MOST MEN AREN'T TAUGHT HOW TO BE PRESENT
FATHERS. THEY'RE GIVEN TITLES LIKE PROVIDER,
PROTECTOR, AND HEAD OF HOUSEHOLD, BUT RARELY
SHOWN WHAT INTENTIONAL PARENTING, EMOTIONAL
CONNECTION, AND CONSISTENT ENGAGEMENT TRULY
LOOK LIKE.

MORE THAN A PROGRAM

— A BROTHERHOOD



Fathers In Action Network is a fatherhood development program dedicated to empowering men to show up fully in their children's lives. It provides the tools, community, and support that fathers need to be present, engaged, and intentional, not just as providers, but as active, involved parents who are genuinely connected to their kids.

The program brings fathers together in a safe, judgment-free space to do real work. Sessions aren't lectures; they're conversations. Fathers check in, share what they're carrying, and dive into discussions around communication, emotional presence, co-parenting challenges, and breaking generational cycles. The men hold each other accountable. They push each other forward. That's what makes it different.

WHAT FATHERS ACTUALLY LEARN

The program covers the topics that matter most to today's fathers:



- How to communicate with their children at every age and stage
- Navigating co-parenting with respect and consistency
- Recognizing and breaking harmful generational patterns
- Managing stress, emotions, and mental health as a father
- Building trust and deepening their bond with their kids
- Understanding the long-term impact of their presence — or absence

WHY IT MATTERS RIGHT NOW

Research consistently shows that a father's involvement has a profound impact on a child's emotional development, academic performance, and sense of self-worth.

Yet too many fathers are navigating parenthood without a support system, without guidance, and without a community of men who understand what they're going through.



Fathers In Action Network exists to change that. Not by telling fathers what they're doing wrong, but by walking alongside them and helping them discover what they're capable of doing right.

01

Put the phone down. Give your child 15 minutes of completely undivided attention every day. No screens, no distractions. Just you and them.

02

Say it out loud. Tell your children you love them — verbally, regularly, and without conditions. It matters more than you know.

5 THINGS EVERY

FATHER CAN DO STARTING TODAY

03

Be honest about your struggles. You don't have to have it all together. Showing your kids that you can admit mistakes and keep going teaches them resilience.

04

Show up consistently. Presence isn't about grand gestures. It's about being there for the small, ordinary moments — dinner, bedtime, homework.

05

Find your brotherhood. Surround yourself with other fathers who are serious about growth. Community makes accountability real.

FATHERS IN ACTION NETWORK BELIEVES THAT WHEN FATHERS GROW, FAMILIES GROW. AND WHEN FAMILIES GROW, COMMUNITIES ARE TRANSFORMED. THE WORK STARTS WITH ONE MAN DECIDING TO SHOW UP DIFFERENTLY — FOR HIS CHILDREN, FOR HIS FAMILY, AND FOR HIMSELF.

05 **FATHERS IN ACTION
NETWORK**



**TO LEARN MORE ABOUT FATHERS IN ACTION NETWORK AND
HOW TO GET INVOLVED, REACH OUT TO US AT DIRECTLY.**

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