



**SLEEPY
VILDOSOLA**

SLEEPY is a single father to two nine-year-olds and a native of Arizona. He enjoys spending time outdoors with his children and loves being a father and role model for other dads.

Sleepy has spent time working in addiction/behavioral health at Community Bridges Inc. and is currently employed at The Family Involvement Center as a parent ally. He recently started working with the Dad Together Program as a Father Support Specialist and has been certified to facilitate the Nurturing Fathers and 24/7 dads' programs. Sleepy's work as a parent ally has him actively engaging with parents and helping them navigate services and resources as they go through dependency.

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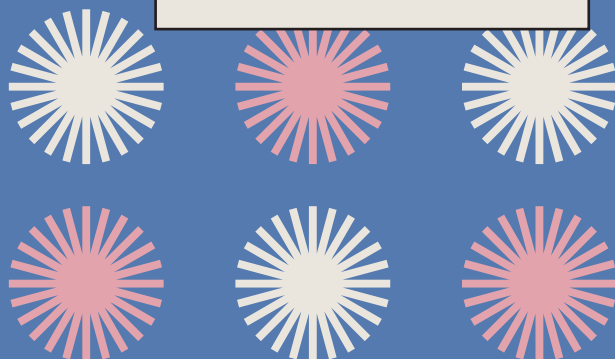
dad
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dads

HELPING

DADS

BE DADS



IT ISN'T ALWAYS EASY FOR FATHERS

to find the support they need. In partnership with The Family Involvement Center, Dad Together is a program designed to provide a safe space for fathers to share their knowledge, hardships, and experiences.

We are proud to provide support for those who are current fathers, guardians, co-parents, or expecting fathers. No matter your age, background, or history as a dad, we are here to help you improve your skills as a father, parent, partner, and person.

ABOUT THE PROGRAM

There is no right way to be a dad, but it helps to have the proper tools for success. Our Nurturing Fathers curriculum is a 13-week evidence-based training course that utilizes activities and discussions to address the history of fatherhood and new, nurturing practices. Alongside the curriculum, we offer 1:1 peer mentoring sessions and support groups just for dads.

Groups meet at the **Family Involvement Center**, 5333 N. 7th St., Suite A100, in Phoenix and virtually. Participation is free.

VISIT [DADTOGETHER.COM](https://dadtogether.com) TO LEARN MORE AND SIGN UP TODAY.

I now see that failure has no authority over my life, and my struggles are only lessons that allow room for growth.

—NURTURING FATHERS PROGRAM GRAD

HAVING A

DAD

MATTERS

CHILDREN WITH ENGAGED FATHERS ARE...

50%

less likely to experience multiple depression symptoms

80%

less likely to spend time in jail

71%

less likely to drop out of high school

63%

less likely to commit suicide

90%

less likely to become homeless

Children's Bureau, American Institute for Research

REAL DADS BEHIND THE PROGRAM

EDWARD became involved with the Child Welfare System nine years ago when his children were temporarily removed due to substance use and domestic violence in the home. After completing a case plan and a variety of classes, his children were returned to his care and have been with him ever since. He now aims to help struggling families succeed, so they can avoid the path he took and their families can remain intact.

A 2021 Casey Excellence for Children Birth Father Award Winner, Edward serves as the Program and Services Development Manager at the Family Involvement Center. He's also involved as a parent leader with the Alliance Parent Partnership Council and is active with the Birth Parent National Network.

