

The Celebration of Fatherhood – Strong Beginnings

The *Celebration of Fatherhood* is an event held annually on the weekend of Father's Day. In this community-wide event, there were 112 people in attendance comprised of fathers along with their children, including our Strong Beginnings clients. The organizations that partnered with us included Grand Rapids African American Health Institute, Lifequest Urban Outreach Center, Grand City Sports, One Church Empowerment Center, and our Community Action Networks' Dads Count! Committee. During this event we provided health education, a toolkit of local resources for men, entertainment with a live DJ, food, games, prizes and most of all, acknowledging and celebrating the role of fathers.

A highlight this year was an interactive workshop on mental health, "Coping with Stress, Anxiety and Depression in African American Men," facilitated by Kyle Hinton, our Mental Health Therapist. Evaluations showed a high degree of satisfaction with the event and significant increases in knowledge. The fathers were extremely delighted with the whole event and are already looking forward to next year's *Celebration of Fatherhood*!





ACCESS Health – Chicago, Ill

Westside Healthy Start Project

Here are a few photos from our Men's Health Event: <https://photos.app.goo.gl/48qi3iCF1Shb3Lo67>

There were 38 attendees, of which 10 were men from the WHS targeted communities and/or program. Event attendees received information on how to navigate managed care health plans in the Chicagoland community from several organizations. Mental health and substance abuse were on site to provide resources on how to access services within their community. There were connections to continuing education through our Chicago Community Colleges Liaison and an inspiring keynote from Reentry Community Support Coordinator from the community. Attendees were able to participate in self-care exercise and raffle of self-care grooming and travel kits for men. As well as a raffle of sport memorabilia layettes for those with children from newborn to one year of age. Feedback for this event was phenomenal and great collaborations for future events solidified. All the important work done on behalf of the community were provided to attendees, who spoke of how they can use these services. The work to continue to engage the men in the health of themselves and the community continue.