



# NEWSLETTER

QUARTERLY

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## Letter from the Executive Director

The birth of our newsletter also marks the launch of our new logo and tagline. I hope you enjoy the sunny look and the message that *Kids & Dad Go Hand in Hand!*

Happy New Year to you all!! As Executive Director, I am optimistic that 2008 will be an amazing year! Our strategy for the year ahead is three-pronged: 1) We will reach out to more clients, providing services greatly needed within our community. 2) We will increase public awareness surrounding the issues facing fathers and their children in times of separation and/or divorce. 3) We will develop strong community relationships in order to aid in our efforts to garner more funding, thereby enabling us to enhance our services and become sustainable.

Some of you may be unaware Kids & Dad has recently moved to 301 Frederick St. (2nd floor) in Kitchener. We are already meeting clients in our new space and would encourage everyone to phone ahead to make an appointment, and/or to ensure that I am available for a drop in conversation. [Parking is available on a first come basis in the rear of the building, or on the side streets near our location.]

For those of you new (or old) to Kids & Dad, the **You're Still Dad Support Group** continues to meet with clients on an open house basis **every Tuesday night from 6:30-8:00pm at our new**



Barry Lillie, Executive Director, Kids & Dad.

**location.** This is an informal drop in for those of you wishing to discuss any current issues you are facing in your separation or divorce with myself, and your peers. In future, it is our plan to have educational workshops on Tuesday nights to deal with specific parenting or new partner problems. Watch for the notice of these events.

Finally, Kids and Dad will continue to give voice and visibility to the needs of fathers and children in our community. It often seems that forces are at work to lead dads to fade away from your children's lives - that you don't care enough to be dad. Yet, I know from my work with you (and as a divorced father) that is a myth and an untruth. That's why Kids and Dad is here for you!

Sincerely,

*Barry Lillie*

### What's Inside

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**50% of children from separated families will have only a distant relationship with their father within three years of a family breakdown.**

**28% of all Canadian children could be categorized as 'fatherless'**

## Kids & Dad – Our Mission & Mandate

OUR MISSION IS TO ENSURE THAT WHENEVER POSSIBLE, THE CHILDREN OF SEPARATED AND/OR DIVORCED FAMILIES WITHIN WATERLOO REGION HAVE BOTH PARENTS ACTIVELY INVOLVED IN THEIR LIVES.

### To that end, Kids & Dad...

**i** provides an unbiased and supportive environment for separated and/or divorced fathers in their time of crisis.

**ii** promotes shared, positive parenting outcomes via educational programs available to all family members effected by separation and/or divorce.

**iii** builds awareness and promotes understanding of the rights, responsibilities and effects of separation and/or divorce among family members in particular, and the community at large.



Barry Lillie receiving Senior Leadership Award from Kitchener Mayor Carl Zehr for the founding of Kids & Dad.

## In The News... Early and Regular Access Key to Ongoing Parenting

A recent study published in the Journal of Family Issues supports the advice of Kids & Dad that it is critical that a dad has worked out a parenting access agreement prior to leaving the home. It should be a signed agreement and witnessed by a third party. Leaving it to the goodwill of the other party is ill-advised as many parents have learned lawyers often strengthen their client's case by creating parenting problems.

The study suggests strongly those rare visits in the early months leads to even rarer access down the road. Even in situations where there was regular weekly access there is a substantial downward trend in access.

If you are trying to negotiate an agreement before leaving the family home, be wary of any possible confrontations in the home.

If you fear an allegation of domestic violence, you need to take some action i.e. see a lawyer, talk to the police. You cannot risk such a confrontation!

Another concern in this study suggested that a crisis for the non-custodial dad and access often occurred when a new stepfather enters the household. Whether this is simply a normal outcome of both parents restarting their lives, it is a difficult experience for the children. No child needs their dad to disappear, perhaps for a second time in their lives.

Finally, the study suggests fathers who were involved in their children's lives following a separation did not abandon them, despite whatever commitments they later took on.

## Resources and Links

The following is a brief list of organizations within the Waterloo Region that may be of assistance to anyone experiencing the financial, emotional and social burden of separation and/or divorce.

### K-W Counselling Services

480 Charles Street East,  
Kitchener, ON N2G 4K5  
Tel: (519) 884-0000  
info@kwcounselling.com  
www.kwcounselling.com

### Cardinal Consulting

Unit 102, 678 Belmont Avenue West,  
Kitchener, ON N2M 1N6  
Tel: 519-746-9062  
cardinal@golden.net  
www.cardinalcounselling.com

### Catholic Family Counselling Centre (Region of Waterloo)

400 Queen Street South,  
Kitchener, ON N2G 1W7  
Tel: (519) 743-6333  
www.cfcchelps.ca

### John Howard Society of Waterloo-Wellington

310 Charles Street East,  
Kitchener, ON N2G 2P9  
Tel: (519) 743-6071  
inquiries@waterloo.johnhoward.on.ca  
www.waterloo.johnhoward.on.ca

### kidsLINK

1855 Notre Dame Drive, P.O. Box 190,  
St. Agatha, ON N0B 2L0  
Tel: (519) 746-KIDS (5437)  
kidslink@nds.a.on.ca

### Gene C. Colman Barrister & Solicitor

25 Bowring Walk,  
Toronto, ON M3H 5Z8  
Tel: (416) 635-9264  
gcolman@4familaw.com  
www.4familaw.com

### Parental Alienation Awareness

info@paawareness.org  
www.parental-alienation-awareness.com

### Father Involvement Initiative – Ontario Network (FII-ON)

www.cfii.ca/fiion/

### Inside The Ropes

www.insidetheropes.ca

### KW Kids

www.kwkids.com



In Ontario 95-97% of all  
FRO payments are made  
by Dads.

The Vanier Institute  
study on Depression  
and Separation revealed  
that separated dads were  
3 times more likely to  
suffer from depression  
than separated moms.  
Both separated moms  
and dads had significantly  
higher incidence of  
depression than  
intact families.

## Contact Us

Should you have any questions, comments, concerns or would like to request further information on our organization, please feel free to contact us via:

**Tel** 519.342.1351

**Email** info@kidsndad.com

**Cell** 519.572.6107

**Web** www.kidsndad.com

**Fax** 519.513.9435

**Location** 301 Frederick Street, Second  
Floor, Kitchener, ON N2H2N6

**Mail** PO Box 25008  
Kitchener, ON N2A 4A5

Thank you for your interest and support!



## Donors

We are happy to announce that our Fall 2007 Donation Campaign was a resounding success.

At the time of printing the following companies generously extended their support and have enabled us to continue working to provide services to those in our community who are currently facing the challenges of separation and/or divorce and assist us in building relationships that last a lifetime.

A very sincere  
Thank You to:

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**Challenger Motor Freight**

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**Princess Cinemas**

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**The Ontario Trillium Foundation**

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**The Wallenstein Feed Foundation**

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and various individual donors who wished to remain anonymous.

## How You Can Help

As a non-profit organization Kids & Dad is in need of your support in order to offer our much needed services to those in our community facing the challenges of separation and/or divorce.

There are a variety of ways in which you can make a difference and help us build relationships that will last a lifetime. You can...

### SPONSOR AN EVENT/ACTIVITY

Kids & Dad has a calendar of activities and events that offers Kids & their Dads the opportunity to spend quality time together away from the current situation. They include:

- Cooking with Kids & Dad
- Breakfast with Kids & Dad
- Movies with Kids & Dad
- Annual Father's Day Picnic

### SPONSOR A PROGRAM

Kids & Dad offers four (4) main programs throughout the year:

**You're Still Dad** – a weekly support group for non-custodial fathers

**You're Not Alone** – a workshop designed to support youth troubled by the effects of separation and/or divorce

**Extended Family Seminars** – for grandparents and stepmothers

**The Basics of Separation & Divorce** – a program designed to assist those who find themselves going through separation and/or divorce for the first time.

### DONATE YOUR TIME

Kids & Dad is always looking for Volunteers to help in the office and/or with special events.

### DONATE TO OUR FUND

- i Annual or One Time Gifts are much appreciated and may be unspecified as to how you wish your gift to be applied.
- ii Financial contributions to our Kids & Dad Fund enable those who would not otherwise be able to afford our services the opportunity to benefit from them.
- iii In Memorium Gifts in honour of someone who as dear to you are also gratefully received.

### DONATE AN ITEM ON OUR WISH LIST

The following items, either new or used, would greatly assist us in building awareness within the Waterloo Region of the issues surrounding the effects of separation and divorce, as well as offer educational tools to our clients.

- Laptop
- Multimedia Projector
- Mobile Projection Screen
- Multimedia Cart
- Photocopier

For more information on any of the various ways you can get involved with Kids & Dad and make a tangible difference in building relationships between children and their fathers in times of separation, divorce and beyond – please contact us at [info@kidsndad.com](mailto:info@kidsndad.com) or see the Contact Us section. You will receive a tax receipt for the current value of your donation.

Our charitable registration # is 821669744 RR001

Thank you for supporting Kids & Dad!