

# Community Education Service



*Improving emotional health and wellbeing*

## Supporting Fathers in their Parenting Journey

**Michael Bautista, Program Facilitator**  
**Families Matter**

Fathers play an integral role in the development and mental well-being of their children; however, we often disregard the needs of fathers in their parenting journey.

This presentation will explore some common themes and myths associated with fatherhood and provide participants with ways to encourage father involvement. Strategies around engagement will also be reflected on which will further highlight the importance of how we can support fathers in their parenting journey.



**March 31<sup>st</sup>, 2026**  
**12:00 PM – 1:30 PM**

**[Click here to register](#)**

**FREE**



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **Families Matter**.

[ces@recoveryalberta.ca](mailto:ces@recoveryalberta.ca) | <http://community.hmhc.ca> | 403 955 4730