

Fathers' Support Group

A GROUP FOR FATHERS' STRUGGLING WITH SEPARATION FROM THEIR CHILDREN



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**Bringing Families Smiles
Together**

Fathers' Support is not affiliated with any other organisation. We are a group of fathers who want to help and support fathers going through separation from their children. We look to support fathers going through this process and other family members who have been impacted by separation or parental alienation. This often affects grandparents, aunts, uncles and cousins of the alienated child.

Fathers' Support does not offer legal advice and we are not trained lawyers. Our advice comes from our own practical experience and this is something most family lawyers cannot offer.

We are looking to promote equality, support co-parenting, and educate the public and other agencies on the importance of a father's role in their children's lives. We want to raise awareness on parental alienation, the effects it has on our children and the families involved.

Each case is different and we understand that some family's issues are complex. Some fathers' might have issues they need to address, behaviours they need to work on, and this is where co-working and signposting to other agencies can help in this area.

Our goal is to support fathers through the legal process and lessen their struggles and the emotional impact it has on them not being able to see their children. Fathers involved have been through the process and know how difficult this process is for all people. The process is a lengthy one and we look to help this process be more stable for the families involved.

Male suicides have risen by 70% in the last two decades and research points towards the cause of loss of children as a strong factor. Many men feel that they are being discriminated against in the family court process as they are cut off from their children.

The family courts in Jersey are changing and it is being recognised how much of an impact, fathers have on their children and that fathers are more than capable of having shared residency of their children. In today's world dads are often sharing the load and helping just as much if not more than mothers are. We believe in equality in all areas and want to have as much contact with our children as possible.

Children who grow up without a father are more likely to have behavioural issues. The impact it has on the children and families involved is damaging and sometimes irreparable.

For children they suffer two types of trauma, trauma one is the initial break up of their parents and they are very confused by this, because they love both of them. Now add into that confusion, only one of these parents do they get to see on a regular basis, the other parent is relegated as a visitor, which in their mind makes one parent the superior parent and the other the inferior parent. Imagine that to a six or seven year old child.

Children need both parents in their lives and this is vital to their development. When you go to a marriage counsellor, they advise you that you need to spend equal time with the children. When you file for a divorce, why does this change?

Our group offers supported meetings, which are held every two weeks, they are open sharing, topic discussions and guidance. It is completely confidential. If you are struggling and need support come along or call our helpline, talk to fathers who have been there, who have found solutions.

We encourage positive behaviour from our group members, dealing with other services in a positive way, dealing with the other parent in a positive way can only increase a more positive outcome for the children involved.

There are aftercare services for any fathers and families who have been through the court process, whether this be a positive or negative outcome for them, we offer them this emotional support.

We also offer a McKenzie friend service and can offer advice and first-hand experience through the family court process. We have a 24-hour helpline for guidance, a 1-1 Budding support system and there are no charges involved.

Our priority is to support fathers and their children, in regaining their relationship they deserve, with their father and extended family.

***EACH ONE OF US CAN MAKE A DIFFERENCE,
TOGETHER WE CAN MAKE A CHANGE.***