



YOU ARE ALWAYS THERE TO GUIDE US. YOU ARE MY FATHER.

Great fathers aren't born, they're made. Be involved, try your best and meet each challenge, day after day, one step at a time - even if that step is simply taking your daughter to Judo class after school.

When you spend time caring for your children, everyone wins.

For more on fathers & care work: www.men-care.org

Not only will your children cherish every minute of their time with you, but their mother will have more time to invest in herself, her career and your family. And you'll discover that being a dad is incredibly rewarding... and gets easier every day.

Men Care

MenCare is coordinated by:

