



FOR IMMEDIATE RELEASE

March 6, 2015

For additional information contact:

Aaron Toffoli - Aaron.Toffoli@kentcountymi.gov or 616.632.7295

Fathers Get Support during Conference in Grand Rapids

GRAND RAPIDS – Fatherhood is full of excitement and joy... but it also has its share of challenges. Healthy Kent's *Dads Count!* is hoping to make being a dad a little less stressful, by offering a special educational event on Saturday, April 18, 2015. The Focus on Fathers Fatherhood Conference will offer various topics for reinforcing positive involvement of fathers in the lives of their children. Dads Count! is made up of multiple agencies in Kent County whose mission is to bring awareness on the importance of fathers and the crucial role fathers play in the raising of the next generations.

Keynote speaker Carlton Brewster has a great perspective on being a father in West Michigan. Brewster, a Grand Rapids native, graduated from Creston High School and went on to Ferris State University, where he was an outstanding football standout. Brewster played in the National Football League and Arena Football League. After his football career, he earned a Masters of Education in Education Leadership from Grand Valley State University. Brewster will address "Maintaining Healthy Relationships in Your Life" and "Avoiding the 'Traps' Fathers Fall Into."

There will be two 45 minute breakout sessions focusing on:

- Work and life balance for fathers
- Custody and child support
- Parenting teenagers
- Mothers Supporting Fatherhood
- Depression in Men

The conference will be held at The Salvation Army's Kroc Community Center on Saturday, April 18 from 8:30 a.m. to 2 p.m. The cost is \$20 per person, which includes a light breakfast, hot lunch and the workshops. There will be several information booths from various programs in the community and door prizes will be provided to those who visit the booths. If you are interested in attending the event, [click here](#). You can also contact Aaron.Toffoli@kentcountymi.gov or call 616.632.7295 for more information.

###

Healthy Kent is a collaborative community health assessment and improvement initiative in Kent County that works to improve the health and wellbeing of all county residents. Efforts of Healthy Kent include needs assessment, capacity building, and improvement of community health through awareness, education, advocacy and data-driven decision making. For more information, visit www.healthykent.org or www.kentcountychna.org.