



2020
IMPACT
REPORT

UPLIFTING FATHERS AND CHILDREN
INTO CARING AND NURTURING FAMILIES





We love our fathers and the fatherless back to life

Walk-ins Welcome

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A LETTER FROM OUR FOUNDERS



Dear family,

Wow. 2020 was a year like no other. It was a year that came with unprecedented challenges and significant difficulties for our served population, but also an amazing outpouring of support and new levels of reach.

In the end of winter and beginning of spring, we began to face COVID-19. By March, we were shutting down all physical services and attempting to play our part to stymie the spread of this horrific disease. We all struggled through the physical and mental health impacts that came along with it. My own mother was infected and hospitalized. This wasn't just something affecting our clients. We felt it also.

COVID wasn't the only disease we all grappled with over 2020; the diseases of racism and police brutality reared their ugly heads also. Ahmaud Arbery, Rayshard Brookes, George Floyd, Breonna Taylor; all new names added to the list of names we wish we didn't know, or rather, that we knew for better reasons.

As a black couple parenting two young black children, the weight of our mission, the weight of systemic obstacles and oppression on the shoulders of these men and families we serve, is not lost on us. We have to continue to hold our systems accountable and to treat and address the trauma that years of racism has imparted on the psyches of our Black, Latinx, Indigineous and People of Color, brothers and sisters.

Despite the trials, 2020 was not all bad. In fact, significant good came of it. Our community rallied around us in unprecedented ways and we expanded our breadth of services to even more holistically provide for families facing issues ranging from mental health to food security to reentry from incarceration.

Going into 2021, we are excited to see what the future holds. 2020 happened and we collectively overcame it. 2020 was for perseverance. 2021 is for building. Continue to join us in building a better future for fathers and families, particularly those of color.

With love, gratitude, and appreciation,
Dr. Charles Daniels & Samantha Fils-Daniels

2020 IN REVIEW



A YEAR OF LAYING FOUNDATIONS



In 2019, we served over 2400 fathers and family members, growing our impact by over 100% in a single year!

Surprisingly, despite the barriers of COVID-19, we still grew in 2020, reaching an estimated 3480 fathers and family members, including 1160 individuals provided with clinical therapy and coaching support.

Still, our greatest area of growth in 2020 was in the depth and breadth of our services, rather than scale and reach.

3480



**FATHERS &
FAMILY MEMBERS
SERVED IN 2020**

COVID-TRIGGERED INNOVATIONS



2020 began promisingly enough. New grantors were joining our story monthly, Charles was featured on the Steve Harvey Show, and we were planning to roughly double the size of our organization.

Two months into 2020, whispers of this strange new illness had turned into shouts of concern, and by March, Boston and cities across the US were in lockdown. Initially, this meant no therapy or coaching sessions, but we were able to quickly innovate and make remote sessions accessible to our served population.

Still, in the midst of COVID, things which had already been stressors for the fathers and families we served had now become paramount. Low wages became unemployment, infrequent visitations became social-distancing-driven absence, reentry became a toss-out to the streets with little warning and no preparation or support, food insecurity and health risks became significant obstacles for our communities.

We knew we had to enhance our services and community presence to continue our wrap-around approach to mental health. Our supporting community, including the City of Boston, new and existing grantors, and individual supporters from across America, all stepped up to the plate to make this possible.



COVID-TRIGGERED INNOVATIONS (CONT.)

Within the first weeks of the pandemic, we were stepping up to the plate in new and exciting ways.

At the outset of the pandemic, one of our grantors, The Stand Together Foundation, approached us with a significant proposal. They wanted to provide cash assistance to fathers and their families. With their help, and then additional funding from other supporters, we were able to provide \$500 in cash assistance to 60 fathers and families in the Boston area.

\$30,600

in cash assistance provided to fathers and families in need

You likely didn't know this, but any fathers who owed a dime of child support were ineligible for any federal stimulus funding provided last year. This meant that they experienced the same crisis we all did, but with significantly less support and resources for themselves and their families.

Besides cash support, we also provided resource drop offs, 80+ gift cards, over 400 grocery and food deliveries, and mobile wellness check-ins. With your help, we were able to step up to the plate and continue to meet the needs of our community in innovative ways.

LOOKING AHEAD

Despite its challenges, 2020 was a landmark year for Fathers' Uplift. Our budget grew by roughly double, we gained new partnerships and began new programming (such as our podcast, AFAR), and we began to receive requests for help from across the US (& beyond). Essentially, 2020 was the year we began to transform from a small organization local to Boston into a mid-sized organization with a significant national reach and impact.

Our CEO, Charles, even received a letter from a man incarcerated in Louisiana, which spoke deeply to our hearts. For the sake of his privacy, we will not share any details except for the fact that this man's father is incarcerated, he is incarcerated, and he shared his deep desire for help in becoming an engaged and impactful father to make sure his son does not fall into the same cycle which he and his father fell into. Sadly, Charles' written response was returned when he tried to write back showcasing just how important it is for us to be able to establish new systems of coordination with correctional facilities across the country.

Now, we are looking to expand into new geographies. Millions of dads and children out there need Uplifting. We are on the way.



MISSION & PILLARS



MISSION & PILLAR PROGRAMS

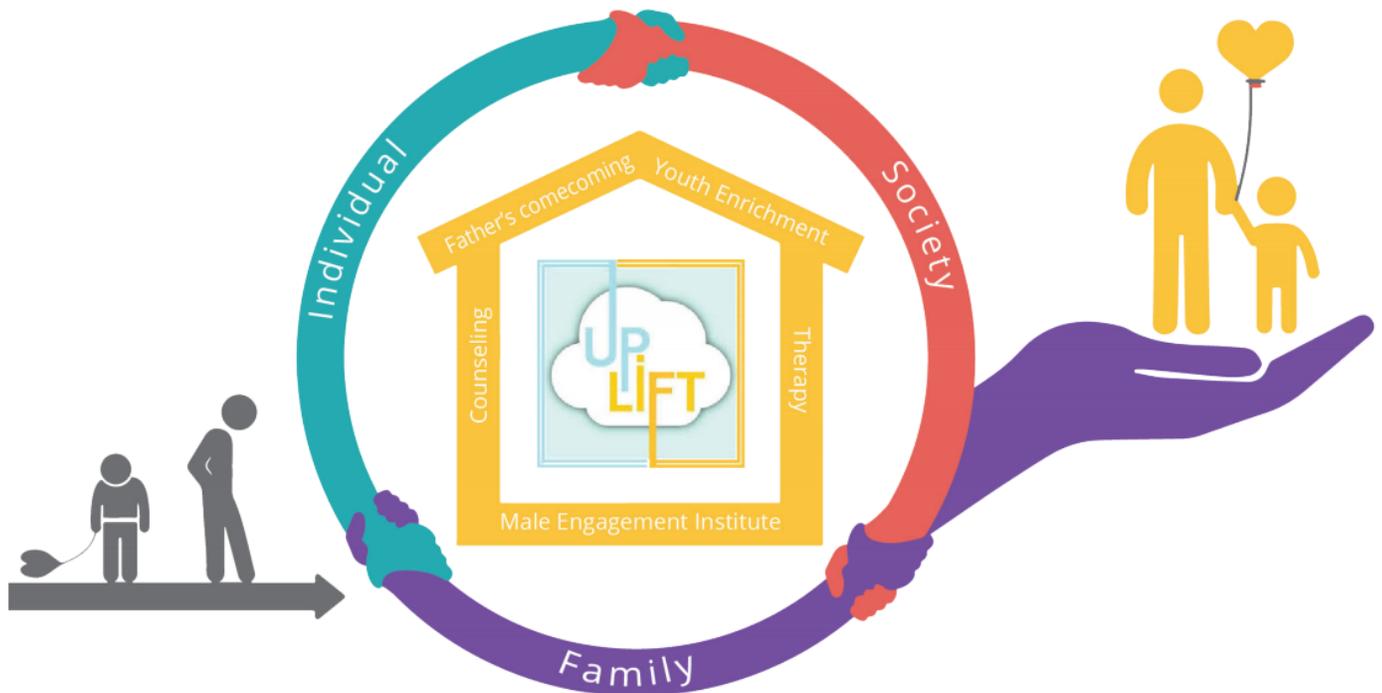
Our overarching mission here at Fathers' UpLift is to provide mental health counseling, coaching, and advocacy to assist fathers with overcoming barriers (racism, emotional, traumatic, and addiction-based barriers) that prevent them from remaining engaged in their children's lives.

We also provide counseling, activities, mentoring and guidance to children who are growing up without their fathers.

Our organization uplifts fathers and strengthens families through service, love, and encouragement.

Here at Fathers' Uplift, we engage in a three-tiered approach to this mission, focusing first on impacting individuals, then on building families, and finally on enabling society to better serve and support fathers and families beyond our doors.

These three tiers of impact are upheld by four pillars of programs, each outlined in the next page.



CLINICAL SUPPORT



Our Clinical Support program is the foundation on which we build the rest of our work. This pillar is where Fathers' Uplift began, providing clinical therapy services to men and families to help them navigate challenges related to parenting/ co-parenting, mental health and emotional wellness, and healthy expression of their feelings.

Our clinical team consists of experienced clinicians who specialize in trauma, anger management, group and individual counseling, and child & family counseling. Whether they are guiding fathers through internal barriers, helping them overcome trauma or strengthen their communication skills, and/or managing conflict, our clinicians are committed to helping fathers remain emotionally and physically present for themselves and their children.

In 2020, we began offering remote-accessible therapy and in the beginning of 2021 we hired another clinician, expanding our clinical capacity.



CLINICAL SUPPORT

- *Individual Therapy*
- *Group Therapy*
- *Managing Emotions*

FATHER-TO-FATHER COACHING



Our F2F Coaching program serves as our second pillar of services, in which we provide personal mentorship/guidance and assistance with matters like job searches, custody challenges, and more.

While our clinical support services are focused primarily on clinical mental health, our coaching programming allows us to provide extensive wrap-around services, impacting the mental health of fathers and their family members at the root.

Our Father-to-Father Coaching programming includes our Fathers' Homecoming Re-entry program, food and resource support provided to fathers and families in need of essentials, and our Coaching Groups, which cover such topics as Managing Emotions, Parenting, Housing and Employment, and more. In 2021, we hired our first Spanish-speaking coach, expanding our access to Spanish speakers as well. Now, we have two coaches who are fluent in Spanish.



F2F COACHING

- *Coaching & Mentorship*
- *Fathers' Homecoming*
- *Bags for Dads*

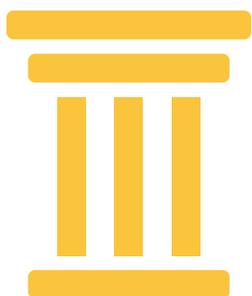
YOUTH ENRICHMENT



Our Youth Enrichment programming is a growing and essential piece of Fathers' Uplift's services. Each week, we provide service for youth, including up to one hour of one-on-one coaching, at least one hour of recreational activities, and (when relevant) up to an hour of clinical therapy services.

We work primarily with youth of color and children whose fathers are either absent or minimally involved. Our Youth Enrichment Coaches find themselves not only playing the role of a mentor but also that of a father figure to these youth.

In 2020, we first hosted some youth in our emerging podcast program, having youth discuss important topics with us and share their perspective on issues such as racism, police brutality, and social justice. Going into 2021, we are creating an official Youth Podcast program, helping youth to harness their voice and learn to use it through modern mediums.



YOUTH ENRICHMENT

- *After-School Programs*
- *Cultural Outings*
- *Father-Figure Mentorship*

MALE ENGAGEMENT INSTITUTE



Our Male Engagement Institute works with mental health agencies and schools of social work and psychology, providing trainings and sharing our findings and protocols to help amplify Fathers' UpLift's impact. In addition, Fathers' UpLift is an internship site for graduate students of social work and psychology.

Heading into 2021, we are in the process of adding two components to our Male Engagement Institute: 1)

learn.fathersuplift.org, where social workers can purchase online trainings relevant to engaging with fathers, to be completed for Continuing Education credits and 2) Licensing of our model, allowing mental health professionals to purchase a license to learn and utilize our approach and services in their own practice (with a responsibility to share results and measurements routinely with our organization).



ENGAGEMENT INSTITUTE

- *Government Agency & Social Worker Trainings*
- *Internships*
- *Research & Resources*

WHO WE SERVE



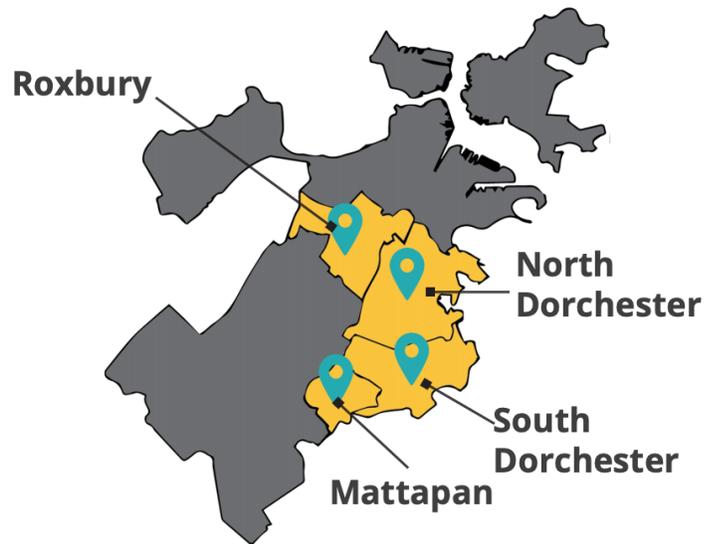


PACKER
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⑪ ⑫ ⑬ ⑭ ⑮ ⑯ ⑰ ⑱ ⑲ ⑳

ORGANIC

GEOGRAPHY

To understand the context of our work and mission, it's important to know the population we serve. Since 2011, Fathers' Uplift has been the only Boston-based organization dedicated wholly to serving at-risk fathers in the minority-populated neighborhoods to the right.



Heading into 2021, we are exploring expanding services into Baltimore, Washington, D.C., & other geographies.

THE POPULATION IN NEED WHO WE SERVE

15% &
23.8%

OF BLACK & HISPANIC FATHERS, respectively, see their children less than once a month

1.5% &
0.8%

OF BLACK AND HISPANIC MEN are incarcerated, versus 0.26% of Whites

ONLY
1/4

of Black and Hispanic men w/ daily feelings of depression or anxiety utilize mental health services (versus 1/2 of Whites)

39% of jailed persons were raised in father-absent households

SPECIFIC TO OUR BOSTON NEIGHBORHOODS



47.7%

of children grow up in **single-parent households.**

85%

of children in single-parent households have **little-to-no contact with their fathers.**

42%

of the children in these neighborhoods **LIVE IN POVERTY**

AGE & GENDER

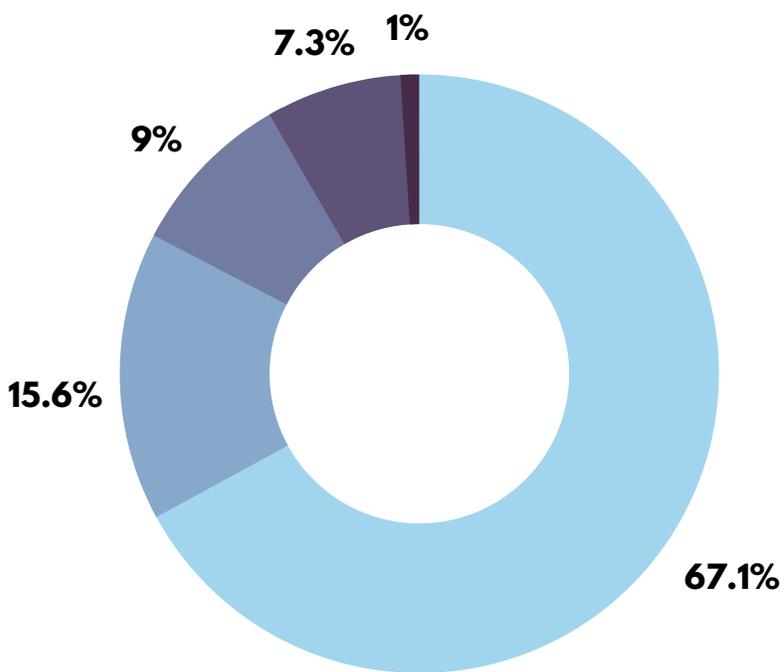
Fathers' Uplift serves fathers who desire to overcome challenges and become a positive presence in their children's lives.

We also work with children and youth (ages 5-24) who reside in absent-father households.

We provide mental health and therapy services to women as well, typically single mothers raising boys and girls without a fathers' presence.

 **74.3%**

 **25.7%**



RACE

Central to Fathers' Uplift's mission is a priority placed on making mental health accessible and familiar for minority and low-income communities.

Through intentional staffing and an "on-the-ground-and-in-the-community" approach, we're able to overcome barriers of stigma and geographic accessibility in providing services.

86% of FUL staff are people of color, including our first two Hispanic coaches, making our services increasingly accessible to Spanish-speaking and Latinx populations in our community.

STORIES OF IMPACT



STORIES OF IMPACT

Here at Fathers' Uplift we're fortunate to have the opportunity to work with hundreds of fathers and thousands of individuals. Some of these individuals were gracious enough to be willing to share their stories with us through interviews. Here are two stories of impact that highlight the effectiveness of our programming.

JOSIAH

Josiah began services with Fathers' Uplift roughly 5 years ago, looking for help as he was going through a family court case. Like many fathers we serve, he felt unprepared with the court system and process. Additionally, as a father and individual, Josiah felt as if he lacked a real understanding of his own self, much less of himself as a father.

When he began services with Fathers' Uplift, he didn't think much of himself

and didn't feel that others thought much of him either, including the courts. Josiah came to us as he was battling with family court and the Department of Children and Families (DCF) to maintain a presence in his children's lives. Despite their mother wanting him to be uninvolved, Josiah didn't want that; he didn't want his children to grow up thinking he didn't want them.

So, Josiah reached out and we jumped right in together. He participated in therapy and our coaching groups and began growing. Josiah shares that Fathers' Uplift helped him to grow both internally, learning to "self-parent", as we say here at Fathers' Uplift, and to grow externally, learning to manage his emotions, understand and set his goals, and engage confidently with his five children.

Josiah shared with Fathers' Uplift that before engaging in our services, his relationships with his children were shaky.



“I’m constantly learning how to parent from experience.”

With his two kids from his first marriage especially, separate homes and different forms of discipline between him and their mother made parenting a challenge. Not only did Josiah have limited contact and engagement because of the tensions between himself and the children’s mother (and the involvement of DCF that she prompted), but he also felt like they were acting up when at his home, cussing and misbehaving.

After beginning services with Fathers' Uplift, Josiah shared that everything changed for the better. He now has a great relationship with his children who live with him and is growing his relationships with his other two children. He also feels more confident and equipped as both a father and as an individual. Still, the struggle is an active one. Each relationship with each of his children brings its own challenges, including epilepsy and behavior-impacting medications for one. “I’m constantly learning how to parent from experience,” Josiah continued.

When asked why he thinks men find themselves in situations like his before Fathers' Uplift, Josiah mused, “Perhaps personality, environment, what they have going on in their personal and non-personal lives.

It’s a little different for everyone. That’s why it’s so important to have an organization like Fathers' Uplift that can come alongside, meet dads where they’re at, and provide help in an empathetic and constructive way. Josiah’s only regret is that he waited so long to find Fathers' Uplift. He advises dads that the moment they feel they need help, they need to reach out right away.

“Listen to your gut that first instinct. Don’t wait and see if things will get worse. Look for red flags and warning signs, and do something about it right away.”



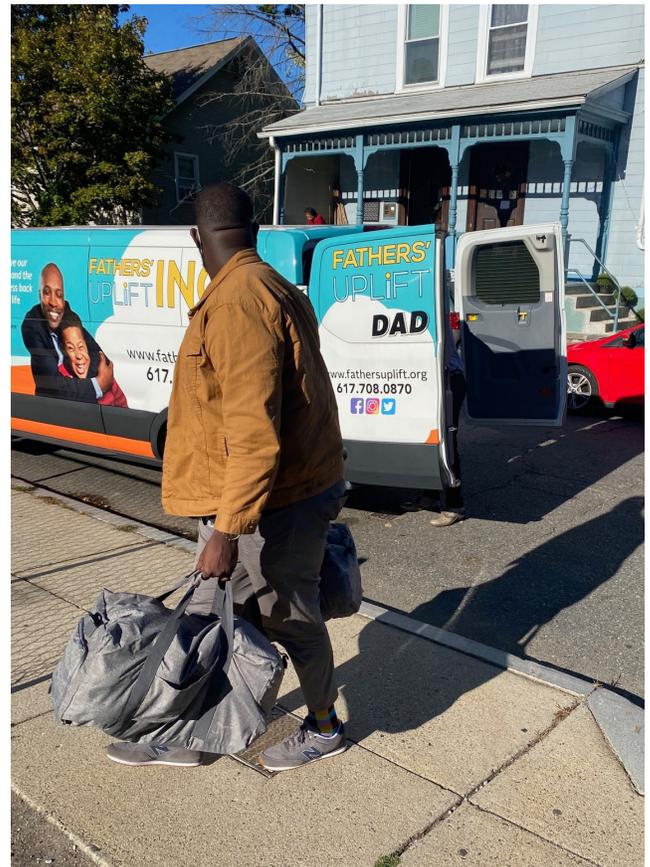
ANDRE



Before beginning services with Fathers' Uplift, Andre's life was relatively fine. He was working as a cook at a catering business and was fairly engaged with his kids. They didn't live with him, but he saw them at least 1-2 times a week and had daily phone calls with them. However, when his oldest child's mother began a custody battle and DCF became involved, he knew he needed help.

After searching online for "programs for dads", Andre found Fathers' Uplift and decided to reach out and see if we could help. He shared that one of the biggest ways FUL helped in those early days was even in just helping him to understand DCF and the systems he needed to engage with to maintain involvement in his children's lives.

DCF had been pushing him towards counseling, and when he began with Fathers' Uplift he found our clinicians to be easy to talk to, helpful, and, perhaps most importantly, someone he felt he could trust and open up to. We weren't just clinical therapists or "shrinks", we were advocates, listeners, and friends. Andre was even battling PTSD and was able to better understand what he was going through himself. By growing in his own understanding of himself, he was able to grow and better face his own problems.



Subsequently, Andre felt he was able to be a better father to his children as well. He felt better equipped in building engaging relationships with them and speaking with them more frequently.

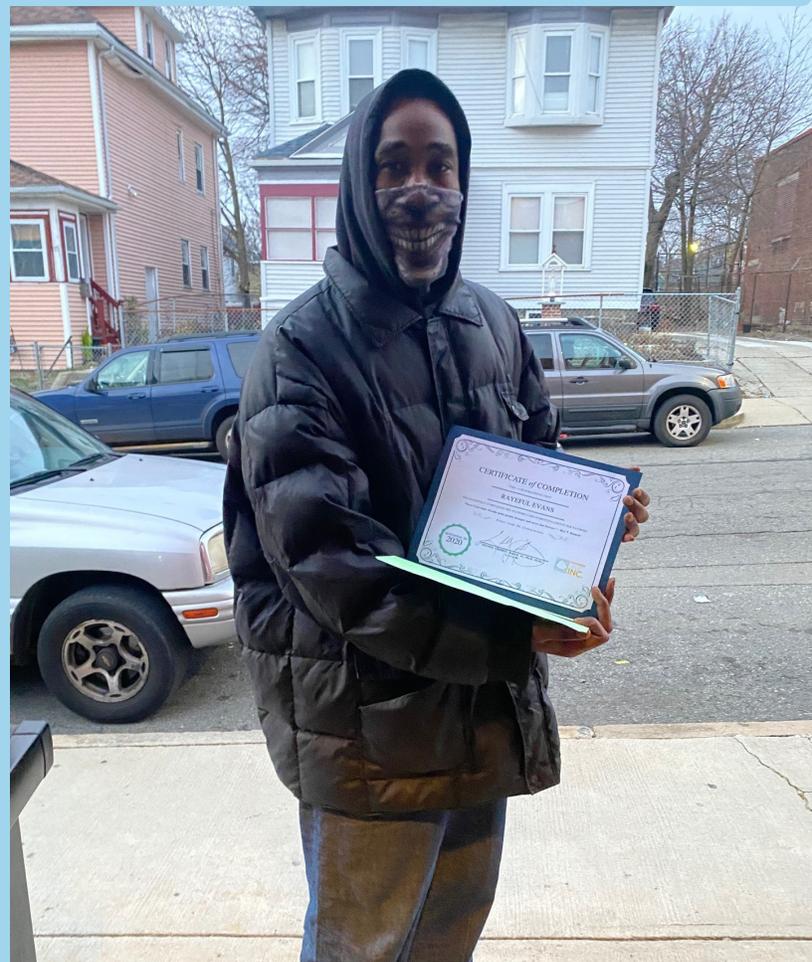
With the help of Fathers' Uplift coaching and groups, Andre felt like he could better understand his children and relate to their feelings and the way they expressed themselves.

It's not that Fathers' Uplift brought any drastic changes to Andre's life, but rather that value was added to his life across the board, from his own understanding of himself and his emotions to his relationships with his children.

“Don't give up.”

When asked why he thinks men find themselves struggling with child engagement or other issues he was facing before beginning services with FUL, Andre shared that for him it goes all the way back to his own childhood. Growing up in a single-parent household with pretty much just his mother's engagement, Andre always felt like parenting was more of a mother's role. It wasn't until later that he realized how important a fathers' presence is in their children's lives and how much he wanted to be involved himself.

Andre's advice for dads like himself? "Don't give up. If you really do love your kids, you've got to get yourself, your mind, and your life together so you can focus on what your kids need." Here at Fathers' Uplift, we're ready and waiting to help you with that.



IMPACT BY THE NUMBERS



IMPACT BY THE NUMBERS

In 2019, we passed the landmark figure of 5,000 fathers and family members served through our services over the lifetime of Fathers' Uplift, with over 2,500 fathers and family members served in that year alone.

In 2020, we continued to grow our impact, despite the obstacles of COVID-19, serving an estimated 3,480 fathers and families members with therapy, coaching, resources, and other services and support.

Heading into 2021, we wish to increase the geographic breadth at which we're able to offer these kinds of services, through both digital reach (e.g. remote therapy and our AFAR Podcast) and physical expansion (with plans for expansion to Baltimore and/or Washington D.C. in the works).

Below you can find further information on the impact that we had over the course of 2020 across our full range of programming.

OVER
1,128
INDIVIDUAL AND GROUP
COACHING SESSIONS
PROVIDED

4%
1-YEAR RECIDIVISM
RATE FOR PREVIOUSLY
INCARCERATED
CLIENTS
vs. 13% MA state average

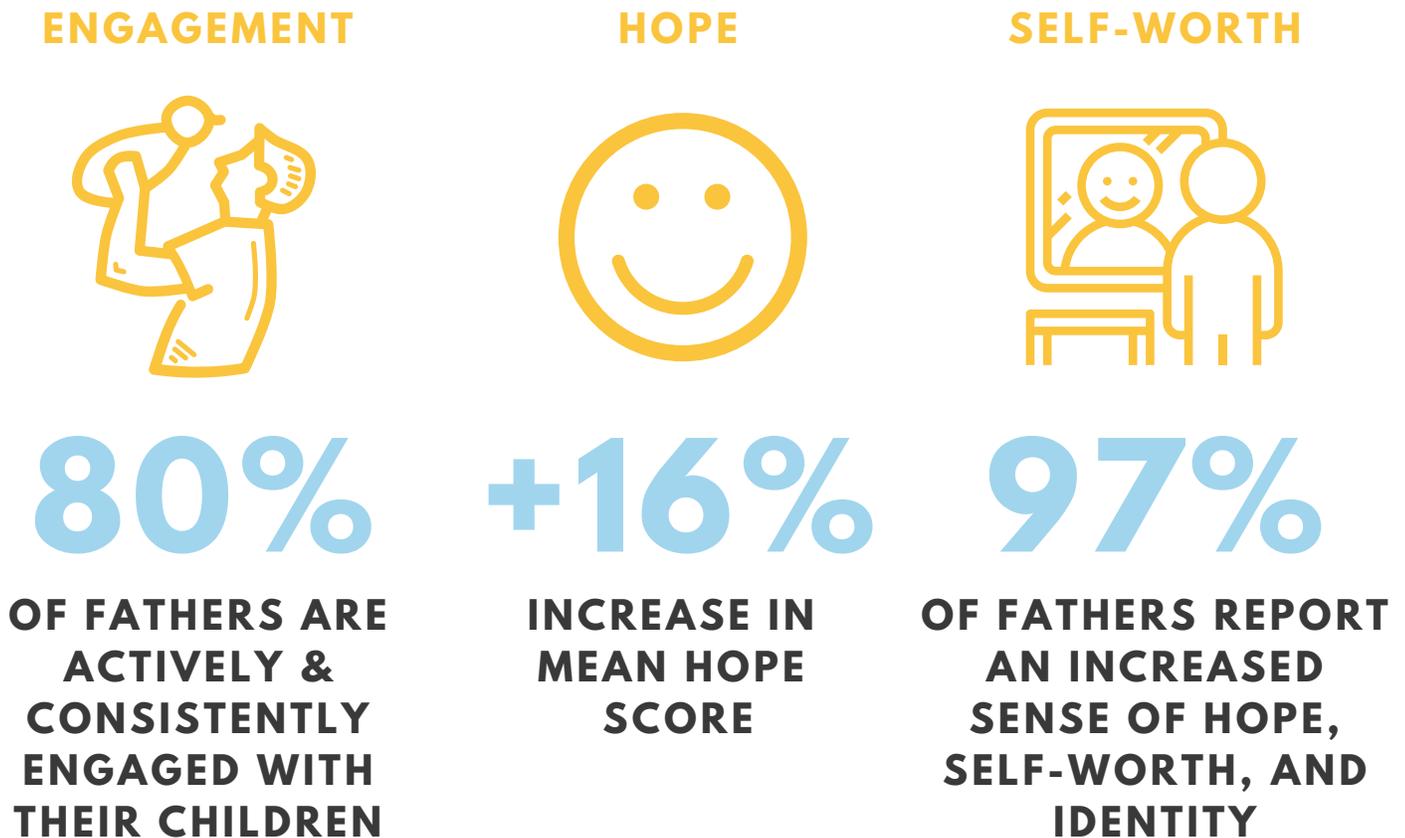
99
YOUTH INVOLVED IN
OUR YOUTH
ENRICHMENT
PROGRAMMING

2880
FAMILIES ESTIMATED TO
HAVE BEEN IMPACTED BY
trainings provided to 96 Social
Workers with active caseloads of
families

Over the course of 2020, the fathers and family members we provided clinical therapy services to experienced a **decrease** in the frequency and/or severity of the following emotions:



Fathers and family members we provided clinical therapy services to experienced an **increase** in the following categories:



IMPACT IN COVID-19 TIMES

Despite the obstacles of 2020, we were still able to serve hundreds of families and thousands of individuals over the course of the year, meeting a wider range of needs than ever before. We are thankful for the community that has made this work possible.

Over the course of 2021 and into the future, many of the programs and partnerships which we began because of COVID-19 will continue as permanent fixtures of our holistic wrap-around approach to mental health and familial and community wellness.

FOOD SUPPORT

427

MEALS DELIVERED TO FAMILIES IN NEED

FINANCIAL SUPPORT

\$30,600

IN EMERGENCY FUNDS
Provided to families in crisis

AFAR PODCAST

1,000

PLAYS OF OUR PODCAST

discussing parenting, fatherhood, mental health & racism

CLINICAL THERAPY SESSIONS

2,941

CLINICAL THERAPY SESSIONS

conducted in the full course of 2020

REMOTE THERAPY

2,208

REMOTE THERAPY SESSIONS

conducted in the midst of 2020's COVID-19 pandemic



112

BAGS FOR DADS PROVIDED

FINANCIAL REVIEW



FINANCIAL REVIEW



Statement of Financial Position For The Year Ended December 31st 2020

Assets	<i>(\$000s)</i>
Current Assets	\$ 1,039.4
Other Assets	\$22.8
Total Assets	\$ 1,062.2

Liabilities	
Total Liabilities	\$ 107.1

Net Assets	
Without Donor Restrictions	\$ 813.5
With Donor Restrictions	\$ 141.6
Total Net Assets	\$ 955.1

Total Liabilities & Net Assets	\$ 1062.2
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FINANCIAL REVIEW



Statement of Activities or The Year Ended December 31st 2020

Revenue	<i>(\$000s)</i>
Grants/Contributions	\$ 1,230.4
Fee for Service and Other Revenues	\$ 239.6
Total Revenue	\$ 1,470.0

Expenditures	
Total Expenditures	\$ 784.5

Net Assets	
Change in Net Assets	\$ 685.5

GOING INTO 2021



GOING INTO 2021

We're headed into 2021 with a great deal of momentum gained from the support of our grantors, donors, and community. We're thankful for all who have been able to contribute in any way.

Through 2021, we're securing additional resources for the following purposes:



ADMINISTRATIVE GROWTH

The hiring of a Data Manager and additional Billing Specialist will enable us to continue growing our efforts in Boston and beyond while maintaining record of our impact as our reach and scope of services grows.



PER-DIEM CLINICIANS

The hiring of at least two per-diem clinicians, allowing us to provide therapy to dozens more fathers and families each month.



NEW GEOGRAPHIES

We are currently partnering with officials and leaders in Baltimore and Washington, D.C. to explore the establishment of Fathers' Uplift's services in either (and eventually both) of those locations.



PROGRAM EXPANSION(S)

Expansion of our Fathers' Homecoming and Bags for Dads programs. Our programs have a significant effect on the recidivism rates of fathers. We're working to expand the reach to help more fathers to emerge from incarceration with the support and motivation they need to be effective and influential fathers.

HOW TO HELP

If you're interested in supporting our growth and helping us to provide services to more fathers and families, there are several ways that you can do so.



DONATIONS

You can make a one-time or monthly contribution by visiting our website at fathersuplift.org. Monthly contributions are especially appreciated, as they allow us to plan and forecast budgets.



HOST A DRIVE

You can host a Bags for Dads drive, digitally through an Amazon Wishlist or physically. Contact us at: info@fathersuplift.org for details on how to host a drive with us.



CROWDFUNDING

You can host a crowdfunding campaign for your birthday or for a special event (e.g. Father's Day or #GivingTuesday). Contact us at: info@fathersuplift.org for details on how to do so.

We are very grateful for any and all support received and hope to have you join our mission to uplift fathers and families!

JOIN US IN RECOGNIZING OUR FATHERS



Beginning around Fathers Day of 2020, Fathers' Uplift began an initiative which we called "Fathers Day Everyday", in which we highlighted fathers, images of them with their children, and quotes either they had shared about fatherhood (or that had been shared about them as fathers).

We found this to be a fantastic opportunity for us to highlight fatherhood, especially black fathers, and put the spotlight on dads doing things right. We loved this content, as did our community, so we have continued with a "Father of the Day" each weekday over the last year.

However, this year we realized there was an opportunity to make this even more involved, to highlight more real-life fathers who are on the ground, in the streets, and in the house, taking care of their children and making a difference in their lives. The opportunity is for us to talk less about celebrity fathers who we all "know" and talk more about your fathers and father-figures, who you truly know.

Now, in the leadup to Fathers' Day (and throughout the rest of the year), we are taking submissions for #FathersoftheDay to highlight real-life, everyday, "average Joe" dads who have played important roles in the lives of their children and families and changed generations to come.

That means, we want to highlight your father (or father figure). If there is a male influence who personally influenced your life, we want to know about them and share their impact with the world.

To have your father highlighted as a #FatheroftheDay this year, just submit the following to fotd@fathersuplift.org:

- An image of your father/father-figure (ideally pictured with you)
- The names of those included in the image from left to right
- The number of their children
- A quote from or about them. Tell us how your father changed your life.

RECOGNIZING OUR FATHERS - CHARLES



As we kick off a Fathers' UpLift tradition of celebrating the fathers in our lives, I wanted to shed light on the powerful presence of my father. Although he was physically and emotionally absent, I felt his presence. Yes, I'm celebrating my father. Let me explain.

My purpose was birthed from my personal experience with my father. Truthfully, I did not know how difficult parenting could be until I had kids myself. I want to honor my father as we begin this wonderful tradition because I would not be doing what I'm doing today without him.

I am a firm believer that an individual's mission to serve others begins within. Having compassion for other fathers requires me to have compassion for my father, who himself was impacted by the challenges connected to being a dad in a complex world.

My father was a fantastic athlete who was recognized for his talent by his high school. He also maintained a love for my mother that motivated her in many ways. And while I may not know him, I do know that Fathers' UpLift is a generous act of love for him and a recognition that he loved me even though he struggled with being the father he always wanted to be to me.

I received confirmation of his love for me when my son Clayton was born. My mother kept a book of photos of me when I was a baby. She brought it with her when she came to witness the delivery of my son, Clayton. I remember flipping through the pages of the book while my wife was resting after birthing him. In the book, I found a photo of my father holding me for the first time while putting my crib together with his friend.

RECOGNIZING OUR FATHERS - CHARLES (CONT.)



It would be insane of me to think that he did not love me after seeing that photo. I could not help but share the image with you. In the photo, my father looked at me the same way I looked at my son the first time I held him. I made a vow to be there. I'm sure my father did as well. Life happened, and things did not play out the way he wanted them to. Things worked out, and now we are here with a mission that supports fathers with reconnecting to their children. I want to recognize Charles Sr. and any father that is fighting to remain engaged. You are all fathers of the day.

We hope you can tell us about the dads in your life so we can celebrate them regardless of their shortcomings. Thank you for being there for us along this journey, and we look forward to recognizing dads wherever they may be.

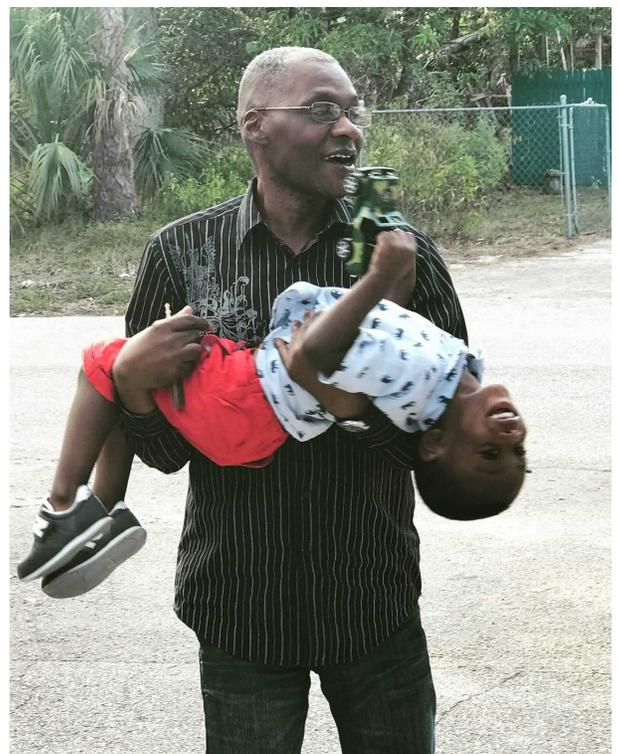
RECOGNIZING OUR FATHERS - SAMANTHA



My dad has always been there for me. I can be myself around him and we speak about any and everything.

When I think about my dad I can say that I have never questioned his love for me, I've always known that he cared for me.

He's a very fun dad too. When my siblings and I were growing up, we used to wrestle and go bike riding together. At the same time, he's a dad that pushes you to be the best, and he's so proud of his children.



RECOGNIZING OUR FATHERS - SAMANTHA (CONT.)



I love how my father treats my husband, Charles, they have a great relationship. Charles even calls him dad. That's the effect my father has on people, he embraces everyone that he loves and he's not afraid to be himself.

That is why, for me, my father is the Father of The Day, every day.

We hope you will tell us about the dads and father figures in your life so we can celebrate them with you. Please send us their names and an image of yourself with them.

THANK YOU FOR YOUR SUPPORT



Our fathers are so important. Let's not only support fathers in the midst of their struggles, but also recognize them for the great impact they have on all of our lives. Be sure to thank and recognize the father figures in your life who have shaped you.

We are grateful for your support in our journey to provide mental health services and empower men, particularly men of color, and their families. Thank you for partnering with us in this journey.

With gratitude,
**Dr. Charles Daniels, Jr. &
Samantha Fils-Daniels**

Handwritten signatures in black ink for Dr. Charles Daniels, Jr. and Samantha Fils-Daniels.





KEEP IN TOUCH WITH US



 fathersuplift.org

 (617) 708-0870

 info@fathersuplift.org

 /FUplift

 @fathersuplift

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