

Having trouble viewing this email? [View the web version.](#)



LIVE WEBINAR

**Fatherhood,
Reimagined: Parenting
Through Change,
Challenge and Healing**

Thursday, June 12

12:00 PM ET | 9:00 AM PT



We invite you to join us on Thursday, June 12, 2025 for our next **parent resource exchange** webinar, sponsored by ASU REACH Institute's Center for Resilient Families and Mental Health America. June is Men's Health Month, and with Father's Day just around the corner, it's a timely reminder that fathers' mental health matters.

These webinars are designed to inform parents on current topics impacting youth and family mental health. We encourage mental health practitioners and all those who work with and support families to join us for tips and resources.

About the webinar:

Fatherhood, reimagined: Parenting through change, challenge, and healing

Fathers play a vital role in shaping the emotional well-being of their children but many dads struggle with how to care for themselves while being present for their families, especially when coping with past trauma.

This webinar will explore how dads with trauma experiences can care for their own emotional well-being while nurturing the mental health of their children. We'll examine the power of vulnerability, challenge outdated stereotypes of fatherhood and masculinity, and share practical strategies fathers can use to promote emotional wellness in themselves and their families.

During this free, 1-hour session you will:

- Learn strategies fathers can use to support their own mental health and emotional well-being
- Explore tools fathers can apply to help foster emotional intelligence and resilience in their children
- Discover ways families and professionals can help disrupt harmful stereotypes about fatherhood and masculinity

Meet the Speakers:

Luis Resendez, Licensed Marriage and Family Therapist and owner of Vida Emotional Wellness

Patrick Skildum, Artist, powwow singer and dancer, master carpenter, a USMC veteran, former boxer and MMA fighter, and small business owner

Sleepy Vildosola, Dad Together program manager

Bradley Vinson, Kinship/grandfamilies advocate, speaker, and grief educator

[Register Here](#)

For more information about the Center for Resilient Families & more family

resources please visit us at centerforresilientfamilies.org

Funding for this series is provided by the Substance Abuse and Mental Health Services Administration's National Child Traumatic Stress Network.



#1 in the U.S. for innovation
ASU ahead of MIT and Stanford — **U.S. News & World Report, 8 years, 2016–2023**

This email was sent to: **mandi.speakman@capecod.gov**
To ensure future delivery, please add ASUREACH@reply.asu.edu to your safe sender list or address book.

Department of Psychology
950 S McAllister Ave, Tempe, AZ, 85287, USA

[Invest In ASU](#) | [Update Profile](#) | [Unsubscribe](#)