

VERMONT FATHERHOOD PROGRAMS & RESOURCES



Nurturing Fathers Program by Prevent Child Abuse Vermont (PCAV)

This 13-week program focuses on developing attitudes and skills for male nurturance. Each week, a new topic is addressed, including: their own relationships with their fathers, nurturing themselves/their children, fathering sons/daughters, discipline without violence, playing with their children, managing anger/resolving conflict, teamwork with spouse, balancing work and parenting, communication and problem solving, cultural influence, dealing with feelings, and working on "The Father I Choose To Be."



Circle of Parents for Dads Support Group by PCAV

This is a professionally facilitated, peer-led support group specifically for fathers. It provides a safe and confidential space for dads to share their experiences, challenges, and successes. The group meets weekly via Zoom, making it accessible to fathers across Vermont.



Dad Guild

Founded in 2019, Dad Guild is a Vermont-based nonprofit organization that is home to a growing network of over 1,000 dads across the state. They believe when dads and masculine-identifying caregivers are engaged in their caregiving roles, children experience positive outcomes, dads experience positive mental health benefits, large steps towards gender equality are taken and cycles of generational trauma are disrupted.



Vermont Family Network's Family Match Program

This program connects parents, including fathers, with mentor parents who have navigated similar challenges. It's a valuable resource for dads seeking support and guidance in raising children with disabilities or special health needs.



New Father Initiative by Vermont Refugee and Immigrant Services

This program is devoted to helping refugee community fathers adjust to living in Vermont. It provides weekly meetings where fathers can voice their concerns about parenting and explore various themes associated with fatherhood in the context of the refugee experience.



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The Janet S. Munt Family Room

- **24/7 Dads Program:** A parenting group and education series specifically designed for fathers, focusing on enhancing parenting skills and fostering active engagement in their children's lives.
- **African Dads Group:** A specialized program aimed at supporting African fathers, offering a comfortable space to discuss parenting challenges and share cultural experiences.
- **Dads Matter:** Individualized case management to help fathers work towards goals around parenting, getting basic needs met, and navigating systems.
- **Dads Night:** Playgroup and dinner for dads and their kids.
- Other groups and programming such as Building Strong Families Clinic, Childbirth and Postpartum Prep, Playgroups, and more.



Caring Dads of Bennington County

A 17-week evidence-based curriculum to promote positive fathering. The program is designed to help fathers develop healthy, positive relationships with their children. It provides specialized support for dads who have struggled with parenting, including those who may have engaged in harmful behaviors. There is a focus on accountability, emotional regulation, and non-violent parenting. The program is collaborative with child welfare, domestic violence services, and mental health professionals. Referrals are made through DOC and DCF.



Parenting with Respect Program

A 10-week series designed specifically for fathers who have committed criminal or abusive acts. This class focuses on what children need from their fathers, how their acts and/or incarceration may have affected their children, and what they can do to contribute to a healing process and support their children's healthy development. This class is more focused on developing a child-centered perspective on parenting than on skills building.



This handout was created for the 2025 New England Fathering Conference (March 19-21, Mystic Marriott, Groton, CT). It highlights Vermont-based fatherhood resources but is not a comprehensive list of all statewide programs.

Questions or additions? Contact Lindsay.Barron@vermont.gov