

Title: Impact Report

Subtitle: Making an Impact One Household at a Time

Date: 10/8/2024

Contact Information:

Quintin Bland

(601)-862-4089

[admin@myabbafather.net](mailto:admin@myabbafather.net)

**Table of Contents**

1. Executive Summary
2. Mission Statement
3. Our Programs
   * Overview of Programs
   * Key Activities
4. Impact Metrics
   * Quantitative Data
5. Financial Overview
   * Income and Expenses
   * Funding Sources
6. Future Goals
7. Acknowledgments
8. How to Get Involved

Executive Summary

**My Abba Father** is a nonprofit organization dedicated to empowering fathers as positive role models in their children’s lives. Our mission is to strengthen fatherhood through programs that promote financial literacy, parenting skills, personal development, and emotional well-being. We believe that equipping fathers with essential tools will foster stable, nurturing environments for their children, ultimately building stronger families and a brighter future. **Dad Connect i**s an umbrella program that encompasses six key areas designed to develop fathers into competent leaders and role models: **Financial Literacy**: Workshops and coaching sessions focused on budgeting, savings, debt management, and investment basics. **Parenting Skills**: Practical strategies for nurturing relationships, setting boundaries, and creating quality father-child activities. **Personal Development**: Workshops on goal-setting, self-reflection, and peer support to encourage continuous growth. **Emotional Well-Being**: Mindfulness practices and discussions to manage emotional health and resilience. **Effective Communication**: Training in active listening and conflict resolution to enhance relationships. **Stress Management**: Techniques to manage stress through time management and physical activity. **Our Key Activities**  are complemented by relationship-building events like trampoline park days and family sports activities, enabling fathers to practice learned skills in engaging, real-life scenarios. **Financial Literacy** addresses the lack of financial education in father-absent households, we empower fathers to teach their children essential financial skills. **Parenting Skills**: Our training helps break the cycle of absentee parenting, fostering strong familial bonds. **Personal Development**: Participants report enhanced self-esteem and resilience, positively influencing their children’s growth. **Emotional Well-Being**: Programs reduce the prevalence of mental health issues among children of involved fathers. **Effective Communication**: Fathers learn to model positive communication, improving parent-child relationships. **Stress Management**: Teaching effective coping strategies helps reduce stress levels for both fathers and their children. Our estimated annual budget is **$339,000**, covering personnel, program delivery, marketing, administrative costs, and a contingency fund. Funding is primarily through local donations and grant applications.We aim to engage **100 fathers** in our programs, ensuring they complete workshops, participate in skill-building activities, and establish regular family routines. By promoting resource utilization and community involvement, we seek to foster a supportive network among fathers.We express deep gratitude to our donors, volunteers, partner organizations, and board members for their invaluable support. Special thanks to the fathers and families we serve, whose stories inspire our mission. Your involvement can make a significant difference in empowering fathers and strengthening families in our community. Thank you for considering ways to support our mission!

**Mission Statement**

My Abba Father is a nonprofit organization that supports and empowers fathers to be positive and engaged role models in their children's lives. We are dedicated to strengthening fatherhood by offering programs that promote financial literacy, parenting skills, personal development, and emotional well-being. Our goal is to ensure that every father has the tools to create a stable and nurturing environment for their children, fostering strong families and building a brighter future for the next generation.

|  | **Our Programs**  My Abba Father has an umbrella program called *Dad Connect*. As mentioned in the mission statement, *Dad Connect* is designed to support and empower fathers to be positive and engaged role models in their children's lives. To fulfill these objectives of support and empowerment, we offer a six-part program to develop the father into a competent leader and role model for his children.  **Overview of Our Programs**   1. ***Financial Literacy for Fathers***This program equips fathers with essential money management skills, helping them build financial stability, plan for their family’s future, and make informed decisions about saving, investing, and budgeting.    1. Budgeting workshops: Fathers will create personalized monthly budgets to track income and expenses.    2. Savings challenge: A group savings challenge to encourage consistent saving habits for emergencies and long-term goals.    3. Debt management sessions: One-on-one or group coaching to reduce debt and understand repayment strategies.    4. Investment basics course: Fathers will learn about investing, risk management, and portfolio building. 2. ***Parenting Skills for Fathers***Fathers will learn practical and effective parenting strategies, focusing on nurturing relationships, setting healthy boundaries, and becoming positive role models to foster their children’s growth and development.    1. Father-child activity planning: Encouraging dads to create and participate in quality bonding activities with their children.    2. Positive discipline workshops: Teaching effective and nurturing discipline techniques that foster growth and understanding.    3. Parenting role-play: Practicing real-life parenting scenarios to improve conflict resolution and communication with children.    4. Family goal-setting session: Fathers work with their families to set short-term and long-term goals, promoting unity. 3. ***Personal Development*** Encouraging fathers to invest in their personal growth, this component fosters goal setting, self-reflection, and continuous improvement, empowering them to thrive in their roles at home, work, and in their communities.    1. Goal-setting and vision board workshops: Fathers will identify personal, family, and career goals and visualize their future.    2. Journaling and self-reflection exercises: Participants will regularly journal to track growth, challenges, and lessons learned.    3. Mentorship and peer support groups: Fathers can join peer mentorship circles to gain insights and support from other dads.    4. Personal growth challenges: Regular challenges to push fathers to step out of their comfort zones and try new activities. 4. ***Emotional Wellbeing***Supporting fathers in managing their emotional health, this program provides tools to cope with life’s challenges, strengthen resilience, and create a balanced emotional foundation for themselves and their families.    1. Mindfulness and meditation sessions: Fathers will practice mindfulness to reduce stress and increase emotional regulation.    2. Group discussions on emotional health: Safe spaces for fathers to discuss emotional struggles, mental health, and family dynamics.    3. Emotional intelligence workshops: Developing self-awareness, empathy, and emotion management to enhance relationships.    4. Wellness check-ins: Regular mental health check-ins to ensure fathers are managing their emotional well-being effectively. 5. ***Effective Communication***Fathers will develop skills in active listening, conflict resolution, and expressing themselves effectively to improve relationships with their children, partners, and others around them.    1. Active listening exercises: Fathers will practice active listening techniques to improve interactions with their families.    2. Communication role-play: Scenarios where fathers practice responding to common family and work-related conversations.    3. Conflict resolution workshops: Fathers will learn how to resolve family conflicts calmly and constructively.    4. Non-verbal communication training: Understanding the importance of body language and tone in conveying messages. 6. ***Stress Management***This program offers techniques for fathers to manage and reduce stress, promoting mental and physical wellness through mindfulness, time management, and healthy lifestyle choices.    1. Time management and prioritization workshops: Fathers will learn strategies to manage work-life balance and prioritize their time effectively.    2. Breathing and relaxation techniques: Simple techniques for fathers to relax and decompress from daily stressors.    3. Physical activity challenges: Encouraging regular physical exercise to reduce stress and boost mood.    4. Stress journaling: Fathers will track their stressors and develop action plans to manage them more effectively.   **Key Activities**  Along with the 6 Dad Connect program focuses, My Abba Father will hold relationship-building events for father and their children such as trampoline park days, Chuck E Cheese parties, Defy Jackson, and eventually we will incorporate father/son basketball games, and more. All of these activities are meant to foster a deepening of the relationships between the fathers and their children. Fathers will get the opportunity to practice many of the skills learned in their Dad Connect program sessions during these many activities.  **Impact Metrics**  **Quantitative Impact of the Dad Connect Program:**   1. ***Financial Literacy:***    1. **Lack of Financial Guidance:** Children from father-absent households are significantly less likely to receive financial education, which hinders the development of strong financial literacy skills. This increases reliance on predatory financial services like payday loans, which approximately 20% of Mississippians use due to poor financial literacy and limited savings (Extension MSU).    2. **Future Economic Stability:** Without financial education, children in father-absent homes face increased financial insecurity in adulthood, marked by higher debt, difficulty saving, and limited access to financial resources.    3. **Program Impact:** Our program equips fathers with essential financial literacy tools that empower them to transfer this knowledge to their children. This intergenerational impact creates a positive social return on investment, promoting financial stability for future generations. 2. ***Parenting Skills:***    1. **Intergenerational Impact:** National data reveals that children from father-absent homes are twice as likely to become absentee parents, perpetuating a cycle of ineffective parenting. This issue is particularly acute in Jackson, where fathers’ absence and poverty are intertwined, weakening family structures.    2. **Parental Role Modeling**: Children in fatherless homes miss crucial lessons in responsibility, discipline, and nurturing, which impairs their ability to become effective parents.    3. **Program Impact:** We provide ongoing parenting skills training, helping fathers improve their involvement in their children’s lives and break the cycle of absenteeism. This fosters stronger familial bonds and parenting competence, benefiting future generations. 3. ***Personal Development:***    1. **Self-Esteem and Identity:** The absence of a father figure often leads to struggles with self-identity and self-esteem, particularly among boys. In Jackson, this results in lower aspirations and engagement in personal growth opportunities like leadership programs.    2. **Reduced Access to Mentorship:** Without a father figure, children lack access to personal mentorship, critical for developing life skills, discipline, and resilience.    3. **Program Impact:** Our personal development training enhances fathers’ interpersonal skills, boosting their self-esteem and identity. This personal growth positively influences their children, fostering resilience and a higher sense of self-worth in the next generation. 4. ***Emotional Well-Being:***    1. **Mental Health Problems:** Children from father-absent homes are two to three times more likely to suffer from depression, anxiety, and other mental health issues. This is especially prevalent in Jackson, where economic hardship compounds emotional distress.    2. **Increased Behavioral Issues:** Emotional instability tied to father absence contributes to higher rates of conduct disorders and juvenile delinquency.    3. **Program Impact:** Our credentialed social work professionals lead small group sessions to help fathers address emotional challenges and build better emotional regulation skills. This, in turn, helps them foster healthier relationships with their children and pass down emotional resilience. 5. ***Effective Communication:***    1. **Difficulty Building Relationships:** Children from father-absent households often struggle with interpersonal communication, making it harder to form healthy relationships as adults.    2. **Conflict Resolution:** A lack of exposure to positive conflict resolution strategies leads many children to default to aggression or avoidance in conflicts.    3. **Program Impact:** We provide fathers with training to understand their children’s communication styles and model healthy, respectful communication. This fosters better parent-child relationships and equips children with lifelong communication skills. 6. ***Stress Management:***   • **Higher Stress Levels:** Father absence correlates with higher stress levels and ineffective stress management strategies, contributing to poor health outcomes and increased stress-related disorders.  • **Coping Mechanisms:** Without a father figure, children often lack healthy coping mechanisms, increasing their risk for substance abuse and other maladaptive behaviors.  • **Program Impact:** We teach fathers effective stress management techniques, improving their emotional well-being and health outcomes. This, in turn, helps them model healthier coping strategies for their children.  **Overall Community Impact in Jackson, Mississippi:**   * **Economic Strain:** Father absence exacerbates economic challenges, increasing reliance on social welfare programs, raising crime rates, and eroding social cohesion in communities like Jackson (Extension MSU). * **Program Impact:** By improving the financial literacy, emotional well-being, and parenting skills of fathers, the Dad Connect Program will enhance household stability. This ripple effect will foster stronger family units, reduce dependence on social welfare, and ultimately improve the economic standing of entire communities.   Our data-driven approach includes baseline surveys, ongoing data collection, and post-program evaluations to assess the measurable impact of My Abba Father’s Dad Connect Program. This framework ensures that our funders will see a clear return on investment through transformative outcomes for fathers, families, and the wider community. **Financial Overview****1. Personnel Costs**  * **Total Personnel Costs**: **$225,000**   + Executive Director: $75,000   + Program Coordinator: $50,000   + Grant Coordinator: $50,000   + Marketing Personnel: $50,000   + **Overview**: This category comprises salaries and benefits for key staff members essential to the organization’s operations.  **2. Program Costs**  * **Total Program Costs Estimate**: **$25,000**   + Supplies and Materials: $10,000   + Venue Rental: $5,000   + Guest Speakers/Facilitators: $5,000   + Technology: $5,000   + **Overview**: These costs support the delivery of programs and services directly benefiting fathers and families, enhancing engagement and outreach.  **3. Marketing and Outreach**  * **Total Marketing Costs Estimate**: **$30,000**   + Website and Online Presence: $5,000   + Social Media Ads and Google Ads: $10,000   + Print Marketing Materials: $5,000   + Events and Community Outreach: $10,000   + **Overview**: This budget is aimed at increasing awareness of the organization’s mission and attracting participants, supporters, and donors.  **4. Administrative and Overhead Costs**  * **Total Administrative Costs Estimate**: **$33,000**   + Office Space: $20,000   + Office Supplies: $3,000   + Insurance: $3,000   + Accounting and Legal Services: $5,000   + Software and Subscriptions: $2,000   + **Overview**: These costs cover the necessary infrastructure to support organizational operations, ensuring compliance and effective management.  **5. Fundraising and Grant Writing**  * **Total Fundraising Costs Estimate**: **$6,000**   + Fundraising Events: $5,000   + Grant Application Fees: $1,000   + **Overview**: Investment in fundraising efforts is critical for generating revenue and securing grants to support the organization’s goals.  **6. Contingency Fund**  * **Contingency Fund**: **$20,000**   + **Overview**: This fund (approximately 5-10% of the total budget) serves as a financial buffer for unforeseen expenses, ensuring organizational resilience.  **Total Annual Budget Estimate:**  * **Total Estimated Budget**: **$339,000**   **Funding sources**  **Our funding sources consist of cash donation sponsorships from local businesses in the Jackson, MS area. We are currently seeking grants from larger foundations.**  Our Goals  Our goal is for one hundred fathers to complete the following:  **Engagement in Support Programs**   * Attend at least three workshops or support group meetings to connect with other fathers and share experiences.   **Skill Development**   * Participate in skill-building activities, such as parenting classes or financial literacy workshops, to enhance personal and family management skills.   **Establish a Routine**   * Create and maintain a consistent routine for quality time with children, aiming for at least one dedicated family activity each week.   **Goal Setting**   * Set and achieve at least one personal or family-related goal (e.g., improving communication, managing stress) with the support of a mentor or peer group.   **Resource Utilization**   * Access and utilize available resources from the organization, such as counseling services or educational materials, to support personal growth.   **Mentorship Participation**   * Engage in a mentorship program, either as a mentee or mentor, to foster relationships and build a support network.   **Community Involvement**   * Attend at least one community event or family day to connect with other fathers and families, strengthening community ties.   **Feedback and Reflection**   * Provide feedback on programs and services, helping to shape future offerings based on personal experiences and needs.   **Personal Well-being**   * Identify and implement at least one self-care practices such as exercise to improve overall well-being and resilience.   **Advocacy and Awareness**   * Share experiences and insights with others, either through testimonials or participation in discussions, to raise awareness about the challenges and successes of fatherhood.   **Acknowledgments**  We would like to extend our heartfelt gratitude to everyone who has supported our mission and contributed to our success over the past year. Your dedication and commitment have made a significant impact on the lives of fathers and families in our community.  **Thank You to Our Donors:** A special thanks to our generous donors, whose financial contributions have enabled us to expand our programs and reach more families in need. Your belief in our mission is invaluable.  **Gratitude to Our Volunteers:** We are deeply grateful to our volunteers, who have given their time and energy to support our initiatives. Your passion and hard work have helped us create a welcoming environment for fathers and their families.  **Acknowledgment of Our Partners:** We appreciate our partner organizations and businesses for their collaboration and support. Together, we have made a greater impact and strengthened our community.  **Thanks to Our Board Members:** A sincere thank you to our dedicated board, whose tireless efforts and commitment to our mission drive our programs forward. Your expertise and compassion make a difference every day.  **Community Support:** Finally, we thank the fathers and families we serve. Your stories inspire us and remind us of the importance of our work. We are honored to be part of your journey.  Together, we are making a positive difference in the lives of fathers and their families. Thank you for being a part of our mission!  **How to Get Involved**   1. **Volunteer Opportunities**    * **Description**: Join our community of dedicated volunteers who support fathers and families through various programs. 2. **Become a Mentor**    * **Description**: Share your experiences and wisdom by mentoring fathers in need. 3. **Donate**    * **Description**: Your contributions help us expand our programs and reach more fathers in need.    * **How to Contribute**: Visit our webpage and click donate, and you can donate securely through PayPal. 4. **Attend Events**    * **Description**: Join us for workshops, family days, and community events to support fathers and connect with other families.    * **Upcoming Events**: Check our website and click events 5. **Spread the Word**    * **Description**: Help us raise awareness about our mission by sharing our work with your network.    * **How to Help**: Follow us on social media, such as Facebook (My Abba Father), Instagram (my\_abba\_father), and Pinterest (My Abba Father). and share our posts or stories that resonate with you. 6. **Partner with Us**    * **Description**: If you're a business or organization, consider partnering with us to create impactful programs for fathers.    * **Get in Touch**: Contact us at [admin@myabbafather.net](mailto:admin@myabbafather.net) to discuss partnership opportunities. 7. **Stay Informed**    * **Description**: Subscribe for updates on our impact, programs, and ways to get involved.    * **How to Subscribe**: Go to our website myabbafather.net and scroll down and insert your email and click subscribe.   Your support makes a difference! Together, we can empower fathers and strengthen families in our community. Thank you for considering how you can get involved. |
| --- | --- |