

# THE GATEWAY GROUP OF ASHEVILLE

## Healthy Parenting & Co-Parenting Motherhood Programs



### Program Options & Costs

No cost to BCHHS or BCSS Referrals

**Comprehensive Program**  
\$360 – 12-week program

**Understanding Dad**  
\$240 – 8-week program

**Mom as Gateway**  
\$45 – 3-week program  
or \$15 per class

Fees cover program materials and light refreshments.

Payment accepted in the following forms: electronic transfer, debit/credit cards, money orders, checks, and/or cash.

#### Location:

Lenoir/Rhyne University, Asheville

For more information, or to register, call (828) 279-6046 or (828) 279-3312.



### Supporters and Sponsors

Sponsored by and in collaboration with the following:

- Buncombe County Health and Human Services
- Buncombe Child Support Services
- Asheville/Buncombe Judicial System



The objective of the **Understanding Dad** program is to assist mothers to be more knowledgeable, aware, confident, and skillful at engaging in co-parenting relationships with their child's father.

Data show that one in three children in the U.S. grows up in a home without his or her biological father, and the lack of father involvement increases the risk that children will suffer from a range of social, emotional, and physical ills.

Mothers are often the gatekeepers that either prevent or provide fathers' access to their children. **Understanding Dad** assists mothers in self-awareness and communication skills to improve relationships with the fathers of their children.

The program has four objectives that are vital to improving the relationships between mothers and fathers:

- 1) Increase mothers' knowledge, positive attitude (e.g. toward fathers' involvement), skills (e.g. communication) associated with improving their relationships with the fathers of their children.
- 2) Increase mothers' awareness of the impact that their upbringing (e.g. their relationship with their own fathers) has had on their relationships with the fathers of their children and men in general.
- 3) Increase mothers' understanding of the importance of fathers' involvement in the lives of their children.
- 4) Increase positive interactions between mothers and fathers of their children.



The **Mom As Gateway** program is a way that moms can learn how to help dad get involved in the life of their children. The sessions help break down barriers between mothers and fathers by addressing what is known as Maternal Gatekeeping – when a mother's beliefs about a father, as well as her behaviors, hinder a father's involvement – and facilitate helpful discussions and efforts towards co-parenting.

It is well established that conflict, low levels of cooperation and less father involvement contribute to the child's academic, behavioral, and social difficulties in the short and long term. Maternal gatekeeping therefore poses an important and powerful threat to the vitality of the father-child relationship and the overall well-being and adjustment of the child.

The objectives of the **Mom As Gateway** workshop are to:

- 1) Increase mothers' awareness of what gatekeeping is how it operates, and how it is sometimes misused out of anger and hurt;
- 2) Offer concrete examples that facilitate mothers' understanding the negative impact of excessive gatekeeping and the importance of supporting father involvement;
- 3) Engage mothers in exercises that will facilitate the reduction of maternal gatekeeping behaviors that inhibit father engagement.

### Curriculum

Based on National Fatherhood Initiative Resources

Programs can be stand-alone or combined for one comprehensive 12-week program.

#### Understanding Dad

8-week program  
(2 hours per week)

Topics covered:

- My Life as a Mom
- My Father's Impact
- My Mother's Impact
- Me and My Children's Father
- The Impact on My Children
- Patterns of Communication
- Open, Safe Communication
- How to Listen



#### Mom As Gateway

3-week program  
(1 hour per week)

Topics covered:

- The Role of the Gatekeeper
- Power and Control in Relationships between men and women
- Minimize excessive gatekeeping

*When both parents can effectively co-parent together, their children benefit greatly.*

### The Gateway Group of Asheville

Affiliation: National Fatherhood Initiative® • [www.fatherhood.org](http://www.fatherhood.org)

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