



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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## **Celebrating and Supporting Fathers**

(New Haven, CT June 12, 2012) More than a century ago, Sonora Louis Smart Dodd aspired to create a holiday to honor fathers. The daughter of a single father and Civil War veteran was inspired by a Mother's Day sermon and wondered why there was no holiday for fathers. After securing support from ministers in Spokane, Wash., her idea came to fruition with the first Father's Day celebration at the Spokane YMCA on June 19, 1910.

On Sunday, June 17, the Central Connecticut Coast YMCA joins the nation in celebrating Father's Day and recognizing the impact fathers and adult male role models make in children's lives. Nationally, one out of three children lives in a home without their biological father, according to the U.S. Census Bureau. And, societal factors such as unemployment, work-life balance or a lack of resources can affect fathers' ability to seek support in strengthening their parenting skills and more fully engaging in the lives of their children. The Y remains dedicated to providing resources and opportunities for fathers to further involve themselves in the well-being and development of their children.

"As a nonprofit committed to strengthening community through youth development, healthy living and social responsibility, the Y believes that strong family bonds are a foundation of strong communities, and we work to help all families to learn, grow and thrive," said Christian Engle, Sr. Vice President Operations/COO, Central Connecticut Coast YMCA. "Today, Father's Day reminds us why it's important to recognize fathers and provide them with the support they need to be the best parents and caregivers they can be."

Studies show that children with close relationships with their fathers and other adult male role models have more self-confidence and exhibit less depression, perform better academically and engage in significantly less drug and alcohol use.

There are a variety of programs at the Central Connecticut Coast YMCA branches that foster understanding and companionship between children and their fathers – and moms – such as parent/child swim lessons, family swim, movie nights, family adventure courses and sports challenges.

To learn more about programs and activities available at the Central Connecticut Coast YMCA Branches, contact us at (203) 777-9622, or visit [www.cccymca.org](http://www.cccymca.org).

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**About Us:** The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2011, the CCC YMCA served 3,000 families daily in child care programs; 10,000 kids participated in youth sports programs; 15,500 children took advantage of the Y's instructional swimming lessons; 4,693 kids attended one of our day camps, 776 youth experienced the magic of resident camp; and 1,685 people were served through one of our housing programs. The CCC YMCA also provided \$3.37 million in direct financial assistance to more than 6,000 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven with eleven Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** [cccyymca.org](http://cccyymca.org) **P** 203 777 9622