



Mental Health Association of Maryland

“Love Your Mind”

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- **Director Faith Based & Neighborhood Partnerships (DOJ) under President Barack Obama.**
- **Outreach Lead Federal Fatherhood Clearinghouse**
- **As a Fatherhood/Criminal Justice Trainer, Delivered more than 100 keynotes, trainings and workshop presentations in more than 30 states**
- **As a Professional, 20 years of leadership and experience which resulted \$30 Million in new Federal fatherhood & reentry grants.**



This year celebrating
23 years of marriage
to my high school
sweetheart.

Father of 3 sons & 1
daughter

- EJ – age 20
- Genesis – age 18
- Elijah – age 16
- Franklin – age 8



PICK-UP YOUR COPY OF
Eugene Schneeberg's

New Book



Eugene Schneeberg

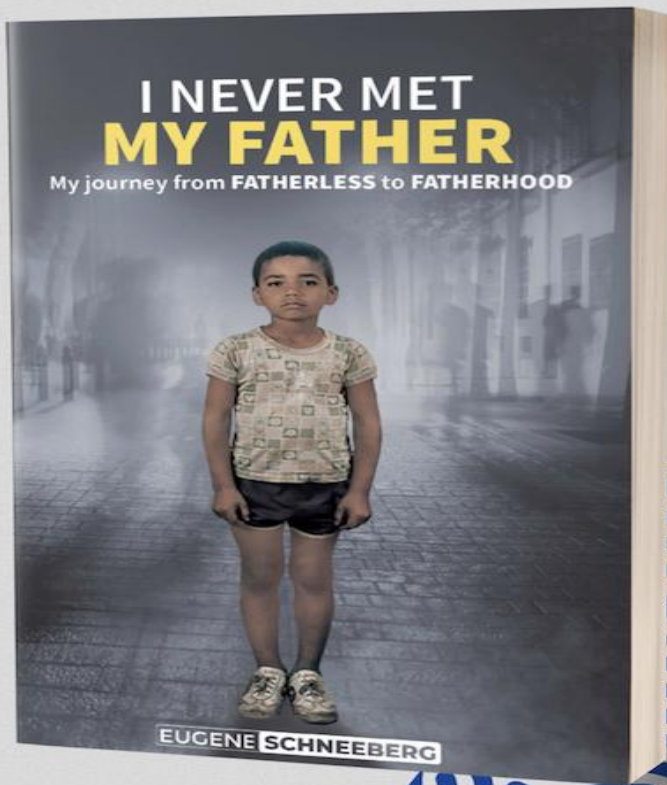
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www.INeverMetMyFather.com



Available at
amazon

“(A *Father's*) words are singularly the most powerful force available to humanity. We can choose to use this force **constructively** with words of encouragement or destructively using words of despair. (A *Father's*) Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble.”

-Yehuda Berg



I wish my dad...



FATHERS
FORWARD

THE FATHERS GROUP

WEEKLY FATHER SUPPORT GROUP

THURSDAYS @ 7:00PM On ZOOM

EVERY THURSDAY

QUESTIONS: EMAIL

EUGENE@FATHERSFORWARD.COM

or Call (571) 733-1373

TOPICS OF DISCUSSION:

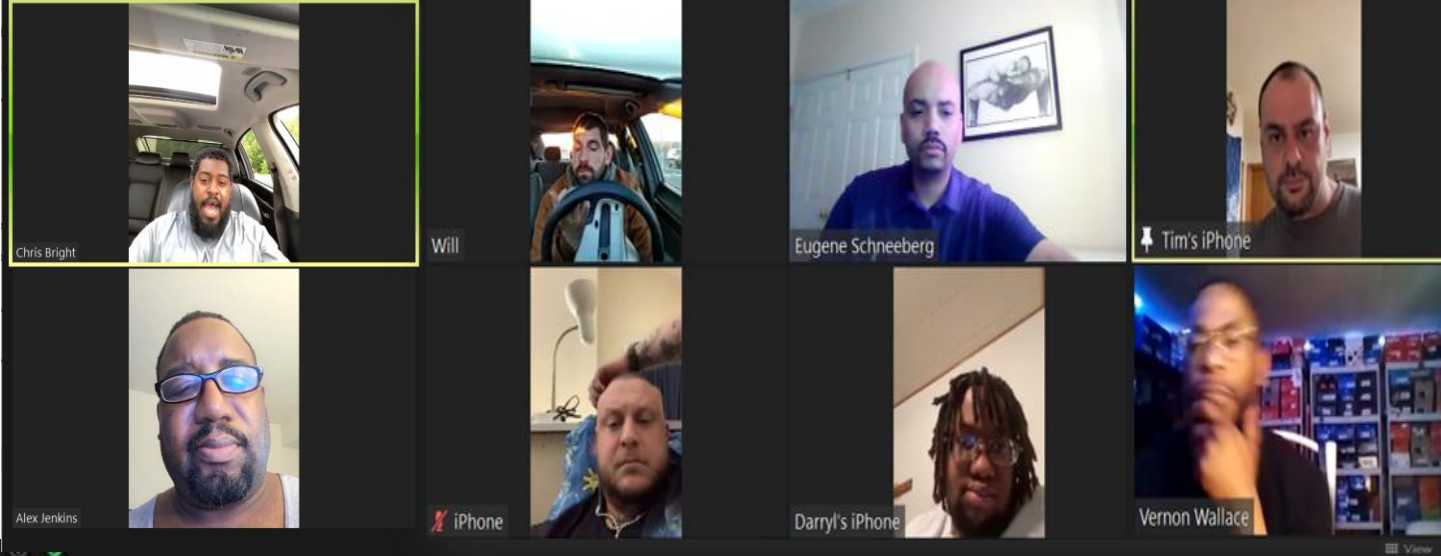
- **STRENGTHENING RELATIONSHIPS**
- **CO-PARENTING**
- **HELP FOR YOU & YOUR FAMILY**
- **LEARN FROM OTHER DADS**
- **EFFECTIVE COMMUNICATION**
- **FUN ACTIVITIES FOR DADS & KIDS**
- **EMPLOYMENT ASSISTANCE**



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QR CODE
TO SIGN-UP**



A SAFE PLACE FOR FATHERS & FATHER FIGURES TO SHARE EXPERIENCES, JOYS AND CHALLENGES







Mastering Self-Care 10 Ways Fathers, Men & Boys Can Take Care of Their Mental Health



Core Needs of Men

- ▶ To be and feel **RESPECTED**.
- ▶ Gainful, Consistent Employment.
- ▶ Appreciation
- ▶ Acceptance
- ▶ Connection to a safe place/person that he can gain needed information relative to his child's development.
- ▶ A brotherhood/peer group that supports and holds him accountable.



HE-Motions

S - A - D

E - X - C - I - T - E - D

L - O - V - I - N - G

A - N - G - R - Y

H - A - P - P - Y

**S - C - A - R - E - D / or
(C - O - N - C - E - R - N - E - D)**



“He-Motions” Quiz

- Do You Prioritize Your Mental Health the Same Way Your Prioritize Your Physical Health?
- Fathers Have a Bigger Impact on Their Sons Mental Health Than Their Daughters
- I am Comfortable Discussing My Mental Health with Family & Friends
- I Know My Triggers and What Stresses Me Out?



– 1. Talk to Someone You Trust

A brother, mentor, or therapist—don't carry the burden alone.

HE-MOTIONS



HAPPY

ANGRY

SAD

SCARED

Resource: [Brother, You're On My Mind](#) (Mental health initiative for men)

2. Work with a Pro

Therapy is for us too. Find a Black therapist or one who understands your experience.



3. Move Your Body

Exercise reduces stress, anxiety, and depression. Lift, hoop, run—just stay active.



- 4. Get Your Rest

Sleep is survival. Aim for 7-8 hours to recharge your mind and body.



Resource: Try the *Calm* or *Headspace* apps for guided sleep meditations.

5. Manage Stress Daily

Prayer, meditation, deep breathing, journaling—whatever keeps your mind clear.



– 6. Set Boundaries

Protect your peace. Cut off toxic relationships and say no to what drains you.



Resource: [NAMI Mental Health](#) (National Alliance on Mental Illness)

-7. Fuel Your Body Right

Eat to nourish your mind—less processed junk, more whole foods. Hydrate.



Resource: [Health & Wellness](#) (Info on nutrition & holistic health)

– 8. Do What Brings You Joy

Laugh, create, play ball, listen to music—life isn't just about surviving, it's about living.



Resource: Find a local men's meetup or hobby group on [Meetup.com](https://www.meetup.com).

– 9. Stay Connected

Keep strong relationships with people who uplift you. Check in on your brothers too.



Resource: [The Confess Project](#) (*Barbershop-based mental health advocacy*)

– 10. Give Yourself Grace

You don't have to be perfect. Healing is a process—honor your journey.



Resource: [*BEAM \(Black Emotional and Mental Health Collective\)*](#)