HANDS LIFTING HEARTS
INITIATIVES SOCIETY
RESOURCE 10

STRONG FATHERS. SAFE HOMES.

Strength, responsibility and care for fathers and partners

For African, Black and Caribbean families, youth, and caregivers in Alberta

Real strength protects.
Notice pressure, manage anger safely and lead with care.

Family Violence Prevention /
Breaking Silence, Building Safety

Sponsored by the Ministry of Children and Family Services, Government of Alberta

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Alberta Government

Your strength matters here

Many men carry the weight of providing, protecting and representing the family, often far from the support of home. These activities give space to reflect on pressure, anger and the kind of father and partner you want to be.

Make this your own

Tick boxes and type in the spaces, or print and write by hand. Use a PDF reader that supports forms. You can skip any question, pause, or return later. There are no scores. Save only if it is safe to keep your answers.

Privacy matters. A completed workbook may contain personal information. Use a device and storage location you trust. If someone monitors your device, consider using a safer device or completing the activities without recording answers.

Choose an activity

What I carry

When anger rises

Respect at home

The father I want to be

Asking for help is strength

Support you can choose

Safety first: Stress explains feelings. It never excuses harm. Every person is responsible for their own actions.

What I carry

Tick any pressures you recognise. You do not have to explain your choices.

- [ ] Providing here and back home
- [ ] Work below my training
- [ ] Changing roles at home
- [ ] Children growing up differently
- [ ] Racism or being judged
- [ ] Having no one to talk to
- [ ] Debt or money worries

The pressure I feel most

Where I carry it in my body

When anger rises

Anger is a feeling. What we do with it is a choice.

My early warning signs (tick)

- [ ] Tight jaw or fists
- [ ] Raised voice
- [ ] Hot face
- [ ] Pacing
- [ ] Wanting the last word
- [ ] Thinking "they don't respect me"

My steps to stay safe

Notice the sign.

Say a break phrase, for example: "I need 20 minutes. I will come back to this."

Leave the room calmly. Walk, breathe, pray or call a friend.

Offer to check in at the agreed time, but respect the other person's choice not to talk. Never block an exit, follow or threaten someone.

My break phrase

What calms me

A break is for calming down, not for punishing with silence. If you have hurt or frightened someone, the Men's Helpline can help: 1-833-327-6367.

Respect at home

Choose Respect or Control for each.

	Respect	Control
1. Asking my partner's opinion before a big decision	○	○
2. Checking my partner's phone without permission	○	○
3. Saying sorry to my child when I am wrong	○	○
4. Deciding who my partner can see	○	○
5. Sharing housework and childcare	○	○
6. Using the children to get my way	○	○

Compare: Rows 1, 3 and 5 build respect. Rows 2, 4 and 6 are control, even when done "to protect the family".

One thought or next step I want to keep

The father I want to be

A father or elder who shaped me well

What I want my children to say about me one day

One tradition from home I want to pass on

One pattern I do not want to pass on

One thing I will do with my children this week

One thought or next step I want to keep

Asking for help is strength

Many men were taught to handle problems alone. Asking early protects your family.

- [ ] Talk to a trusted man, elder or faith leader
- [ ] Join a fathers' circle or men's group
- [ ] Call the Alberta Men's Helpline
- [ ] Speak with a counsellor or doctor about stress or low mood

The person I could talk to first

What might stop me, and how I can get past it

One thought or next step I want to keep

Support you can choose

You do not have to complete this workbook alone. In immediate danger, call 911. Click a service name for its official information.

Family Violence Info Line

Call or text 310-1818. Available 24/7; phone support in 170+ languages.

Hands Lifting Hearts Initiatives Society

admin@handsliftinghearts.ca | handsliftinghearts.ca

Kids Help Phone

Call 1-800-668-6868 or text CONNECT to 686868.

ShelterSafe

Find women's shelters and support services across Canada.

211 Alberta

Call or text 211, or use online chat to find local services.

Plan for your safety

Government of Canada safety planning information.

Alberta Men's Helpline

Call 1-833-327-6367.

One support option I may want to explore

Support information checked October 15, 2026. This workbook is not a substitute for personalised safety planning, legal advice or professional support.

Prepared as part of the Hands Lifting Hearts Initiatives Society Family Violence Prevention: Breaking Silence, Building Safety Toolkit. Images are AI-generated and do not depict participants.