

## The Canadian Centre for Men and Families

CAFE operates the Canadian Centre for Men and Families (CCMF), Toronto's first hub for the health and well-being of boys, men, fathers and families. The Centre is an open, inclusive and safe space providing therapy and counselling, peer support, a legal clinic, fathering programs, employment assistance, mentorship & mindfulness meditation. All families are welcome.



### Providing a hub for the needs of boys and men...

*"I've lived with anxiety and loneliness most of my life, yet I was told men didn't ask for help. The counselling and peer support group at the Centre gave me an opportunity to open up in an environment geared to men."*

*"I haven't seen my children for four years since my marriage ended. The Centre's legal assistance clinic helped me fight for my kids."*

*"For over a decade I lived with a violent and abusive partner. I had trouble finding help because I'm a man. For the first time I now have hope and a path to a better life."*

### Volunteer with CAFE or the Centre

Make a difference. Volunteer with us.

Please contact [info@equalitycanada.com](mailto:info@equalitycanada.com) for more information on all our opportunities.



### Become a Member or Donate Now

Your support directly funds programs that improve the health and well-being of boys, men, fathers and families. Donations may be made by cash, cheque, credit card, PayPal or direct deposit. Contact us for information. All contributions receive a charity receipt. Visit [www.equalitycanada.com/donation](http://www.equalitycanada.com/donation)



The Canadian Association for Equality is a registered educational charity that supports all efforts at achieving gender equality. Our focus is on the status, health and well-being of boys, men and fathers, where attention, investment and support for educational and social programs are significantly underdeveloped. We value the human rights of each individual and believe that everybody wins when any individual receives the support he or she needs. Our approach to gender equality must be inclusive, diverse, affirming and led by facts and evidence.



Charity Number: 841583719RR0001

### Contact information

Visit our headquarters at the  
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# Canadian Association for Equality



[www.equalitycanada.com](http://www.equalitycanada.com)

@equalitycanada





# What Are Men's Issues?

## Men's Health & Well-being

Men's health is in crisis. 8 million men are overweight or obese. Men are twice as likely to abuse illegal drugs and to have severe drinking problems. Men are over three quarters of the emergency shelter population and 92% of workplace fatalities. The well-being of boys and men should be a priority for our public health agencies.

## Fatherlessness

Our communities are suffering an epidemic of fatherlessness. There are 150,000 lone parent families in Canada. Children with absent fathers may be deprived of a stable male role model, experience less emotional support and have increased feelings of abandonment. Widespread research has shown the many negative psychological and social affects of fatherlessness on children, which include higher levels of substance abuse, teen pregnancy and incarceration.

## Boys' Education

Boys score worse in literacy, exhibit higher rates of behavioral problems and are more likely to drop out of school. University enrolment for men continues to fall. On the flip side, we find a serious lack of male role models within our education system. Men account for merely 3% of early childhood educators and 15% of kindergarten and elementary teachers. We must teach boys to value learning again.

## Violence Against Men

When a father must get his children away from a violent mother there are no domestic violence shelters that will accept them. Men account for 75% of homicides and are three times more likely to suffer aggravated assault. Meanwhile, men commit the majority of extreme violence in society and make up 95% of the prison population. We cannot tackle violence without understanding the role of men as both perpetrators and victims.

## Mental Health & Suicide

In Canada, men commit suicide at 3 to 4 times the rate of women. Men are socialized to be strong and stoic, while seeking help and emotional support are stigmatized. 90% of male suicides involve addiction or mental health issues. Rather than getting the help they need, men are likelier to reach a stage of ultimate desperation, leading them to use more fatal methods to end their lives.

## Parental Alienation

Children have a right to a healthy relationship with both parents after a family break-up. A parent who denigrates an ex in front of their child, or impedes a child's healthy relationship with his or her other parent, is guilty of committing parental alienation. The child's emotional and psychological identity can be damaged, as children know they are the product of both their mother and father and can see their identity as under attack. Parents must always put their child's best interest first.

## Equal Access to Justice

The sentencing gap is real. Controlling for external variables, sentences for the same crime are 10 to 30% longer for males, cases with a female offender are dismissed 50% more often, and upon conviction, 37% of men receive a prison sentence compared to 26% of women. Police often look the other way when women perpetrate domestic violence, but as a rule will arrest men - even when he's the victim! Gender stereotypes have no place in our justice system.

Read our full research and policy briefs at [equalitycanada.com](http://equalitycanada.com)

# What Do We Do?

## Public Events

From the stigma faced by gay fathers to the longer sentences faced by incarcerated males. From misandry in popular culture to missing and murdered Indigenous boys and men. From dismissed issues to centre stage discussions; our events across Canada raise critical debates and pose challenging questions.



Talk in Ottawa addressing gender issues on campus

## Multimedia

- Keep informed with news and commentary on our blogs
- Engage in debate and dialogue with us on social media
- Visit the literary and multimedia library at our headquarters
- Subscribe to our youtube channel *EqualityCanadaTV* and:
  - Catch the latest *Tea with CAFE*, our news and variety show
  - Watch interviews with leading thinkers and activists
  - Hear men share personal stories touching on big issues
  - Enjoy full length recordings of all our public events
  - Watch awareness campaign videos and take action



CAFE interviews Jasmin Newman, a counsellor working with men & families

## Public Policy

Want to work with us in amending public health policies to build men's clinics and shelters for male victims of domestic violence? Would you like to see family law reform that truly puts children first? Aspire to bring *male studies* into the high school curriculum? Our Public Policy committee is active in presenting before government committees, educating elected officials and Ministry staff, intervening in court cases, and issuing press releases on issues that make a difference in people's lives.

## Find Your Local Branch

The Canadian Association for Equality is growing with new branches opening across the country. Each branch hosts regular presentations, participates in regional public policy and advocacy work, conducts campus outreach with local universities and colleges, and seeks to provide services to respond to the needs of men and families in the community. Connect with your branch through our website.

## Outreach and Public Awareness

Whether our focus is violence against men, parental alienation, or the epidemic of male suicide, we want to foster positive changes that improve the well-being of all people. From low key collaborations with healthcare agencies to develop male-friendly services, through to high profile billboard ads that raise public consciousness, our aim is always twofold: respond to the immediate needs of individuals **and** work long-term to address gaps in our overall approach to gender.



## Campus Outreach

Universities, colleges & high schools are critical spaces for advancing new perspectives on gender and challenging entrenched stereotypes about men. Join a movement of youth from across the country working to build campus men's centres and hosting lectures, debates, panel discussions and other important events at their school.

## Research

Why are men three times more likely to commit suicide? What are the consequences of fatherlessness? What techniques can improve the educational success of boys? All our activities are based on the evidence-based work of our Research Committee, which undertakes systematic investigations into the study of men and masculinities. We're supported by our team of Advisory Fellows: teachers, lawyers, doctors and academics from diverse fields of study.



National media coverage at launch of Canadian Centre for Men and Families

