



Capital Youth®
Empowerment Program

UNLOCK YOUR INNER POWER.

Fathers in Tech Program Guide



“

Fathers in Tech provides the support and pathways necessary to capture the talent available in our large and diverse population.

- Emily McGrath, NextFlex Director of Workforce Development

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CYEP

Capital Youth® Empowerment Program is on a mission to transform lives, communities and industries. Our programming combines evidence-based curricula with a client-centered and strength-focused approach delivered by experienced and culturally competent mentors. CYEP's track record of providing sustained support to over 1,000 fathers and families over the past 13 years is having a monumental impact.

We are a unifying force in the National Capital region — one that connects industries to families, and fathers to the needs of the community.



Our Why: Fathers Are Important.

Experience has proved that when fathers have a strong relationship with their child, the impact on that child's life is undeniable. CYEP is committed to providing fathers with the power they need to not only be present but to also make a difference.

Through Fathers in Tech, CYEP offers support services to males to help them become responsible, nurturing and informed fathers who are positively engaged in their child's life. We also understand that having the resources to provide for your family is essential to a father's confidence. Fathers In Tech also prepares males with education, workforce development, technical and leadership skills to enter into the knowledge/skill economy and secure a rewarding career that changes the trajectory of their life and their family's foundation.

Our goal is to build the skills of disenfranchised fathers by unlocking their value, equipping them with resources to provide financially and connecting them to industries in order to thrive.





The Heroes Journey.

Fathers in Tech takes fathers on a transformative journey that increases the quality of each father's interactions with his children and loved ones, while also providing economic growth and family empowerment opportunities.

Using a unique approach of social interventions combined with workforce skills development, CYEP is able to harness every father's potential and unlock the inner strength needed to not only compete but succeed in today's society.

We are a powerful engine of hope set on "leveling the playing field" for underserved fathers by providing them with access and resources that have traditionally not been available to them.

We Teach Fathers To Be Fearless.

From workshops on self-care and positive parenting to teaching fathers financial literacy and interpersonal skills, CYEP is positioned to be a force that uses education to promote change.

We Equip Fathers With New Skills.

From one-on-one career coaching to technical skills training, CYEP is in the business of equipping fathers with the skills to generate more financial provisions for their home and community.

We Unite Fathers With Industry.

From paid apprenticeships to computer-based jobs, CYEP is a unifying force for families and communities by leveraging industry partners to connect fathers to employment opportunities.



Whom We Recruit.

The Fathers in Tech journey begins with recruiting eligible males (over the age of 18) through a referral system powered by a credible network of partners:

- Government Agencies
- Community-based Providers
- Faith-based Organizations

How To Enroll.

Once an eligible participant is identified, CYEP takes the participant through a program intake meeting led by an experienced facilitator to ensure interest and understanding of the knowledge and skills to be gained. Registration forms can be found at www.cyep.org.



How It Works.

Teach.

Group Workshop Sessions (12-Week Program)

Week 1: Family History	Financial Literacy
Week 2: Masculinity	
Week 3: Emotional Well-being	
FlexFactor + Economic Stability Webinar	
Week 4: Men's Health	
Week 5: Communication	Workplace Culture
FlexFactor + Economic Stability Webinar	
Week 6: A Father's Role	
Week 7: Discipline	Personal/Interpersonal Skills
FlexFactor + Economic Stability Webinar	
Week 8: Child Development	
Week 9: Getting Involved	Job Search Skills
Week 10: Co-Parenting	
FlexFactor + Economic Stability Webinar	
Week 11: Work/Life Balance	
Week 12: Review and Graduation	

Equip.

Individualized, Client-Centered Support (8 contacts)

Career Coaching
Needs Assessment Career Planning Systems Navigation Entry-Level Employment Identify Up-skilling Opportunities
Construction Pre-Apprenticeship Program
(8-Week Program)
Power Tool Skills Development Metal Framing OSHA 10 Certification Project-Based Learning
Computer Certification Program
(14-Week Program)
IT Fundamental Assessment CompTIA IT Fundamentals Certification IT Systems Track App Dev Track Microsoft Office Track

Unite.

Paid Apprenticeships and Full-Time Employment

Construction Industry Partners
Our construction apprentices begin their career journeys making livable wages and gaining opportunities for career growth.
Tech Industry Partners
Our certified computer professionals gain access to a variety of computer-based jobs with industry-leading companies.



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Our Partners.



NextFlex's FlexFactor program challenges students to work in teams to identify a real-world problem, conceptualize an advanced hardware solution and build a business model around it.

- Economic Empowerment Workshops*
- 1. Intro to Personal Finance
 - 2. Establishing Professional Presence
 - 3. Job Application Process
 - 4. Planning & Advancing Your Career
- *Workshops are on Monday evenings, 7-8PM*



Melwood supports children, youth and adults with disabilities to work and play where and how they choose. We provide employment, job training, life skill improvement, supportive and recreational services to more than 2,000 people with disabilities each year.

- Available Opportunities via Melwood**
- **Melwood JOBS**
 - Melwood JOBS offers Temporary Assistance for Needy Families (TANF) recipients with disabilities to obtain employment while mitigating crises. This program goes beyond typical Community Services by going more in-depth in the job search process.
 - **abilIT**
 - In partnership with Cybrary, this 14-week training program consists of both technical training and professional and personal development, leading to industry-recognized credentials followed by job search assistance, placement and on-the-job coaching.



The Carpenters' Apprentice Readiness Program (CARP) is a unique program that offers qualified candidates the chance to pre-register for an 8-week pre-apprentice training program that introduces participants to the basics of the carpentry- related construction industry. After graduation from the pre- apprentice training program, candidates can apply for entry into their local registered carpenters apprenticeship program.

- CARP**
- 8-week course (Saturdays, 8 consecutive weeks)
 - All materials, tools, equipment provided
 - In-demand job field



The Virginia Tech College Access Collaborative aims to increase academic preparation, access and affordability for first-generation, low-income, underrepresented minorities from rural and inner-city communities.

Parent Education Navigation (PEN) workshops are single-day events that promote parental educational involvement. They provide career awareness, and career and education-focused information so parents can support their child's educational journey.

“I owe CYEP **100 favors**. FIT helped me obtain custody of my children and secure stable employment.”
- Alonzo

Our work teaches skills and equips fathers with the tools and empowerment needed to strengthen lives and change communities.

“FIT is a **one-of-a-kind program**. They foster a culture of respect and they helped me look at my situation from another perspective. I was able to prioritize my family and focus on gaining the skills necessary to thrive financially.”
- Craig



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