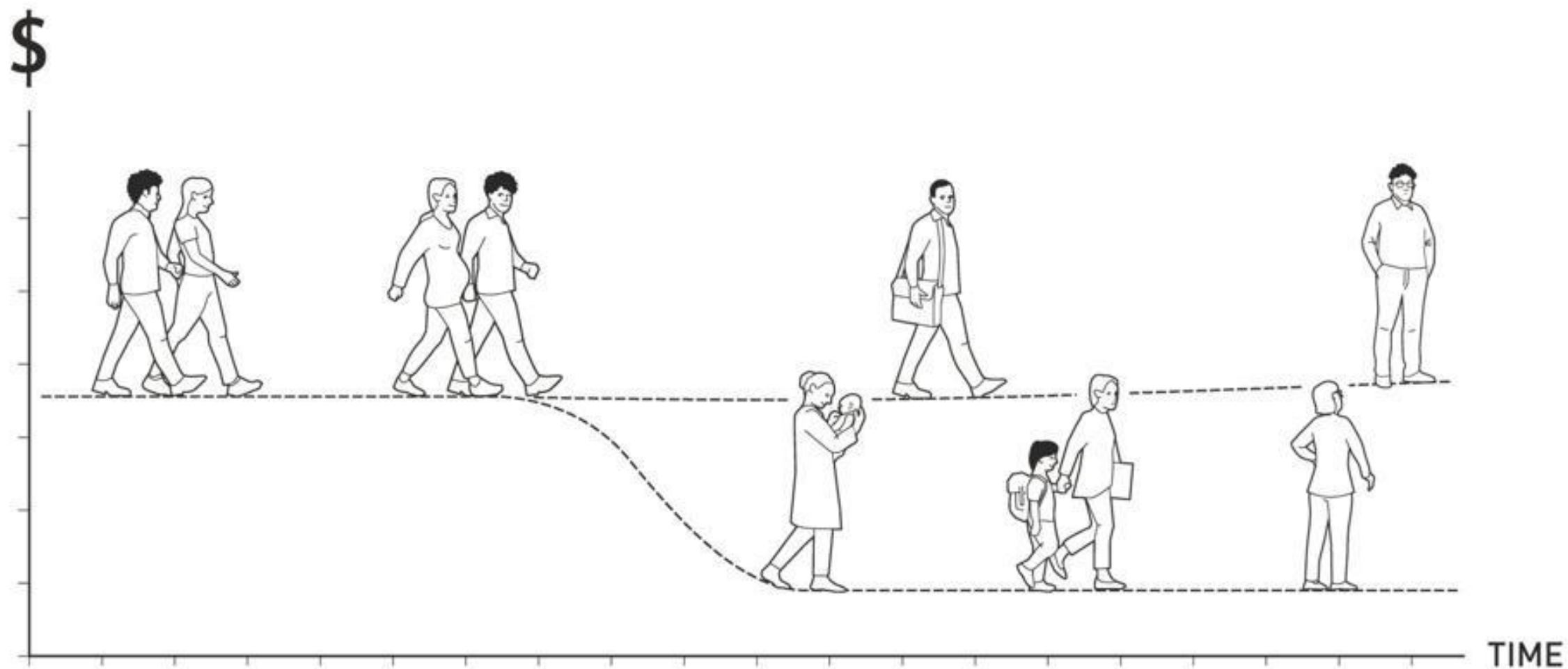


Sharing is caring: Equal parenting, a path to social cohesion?



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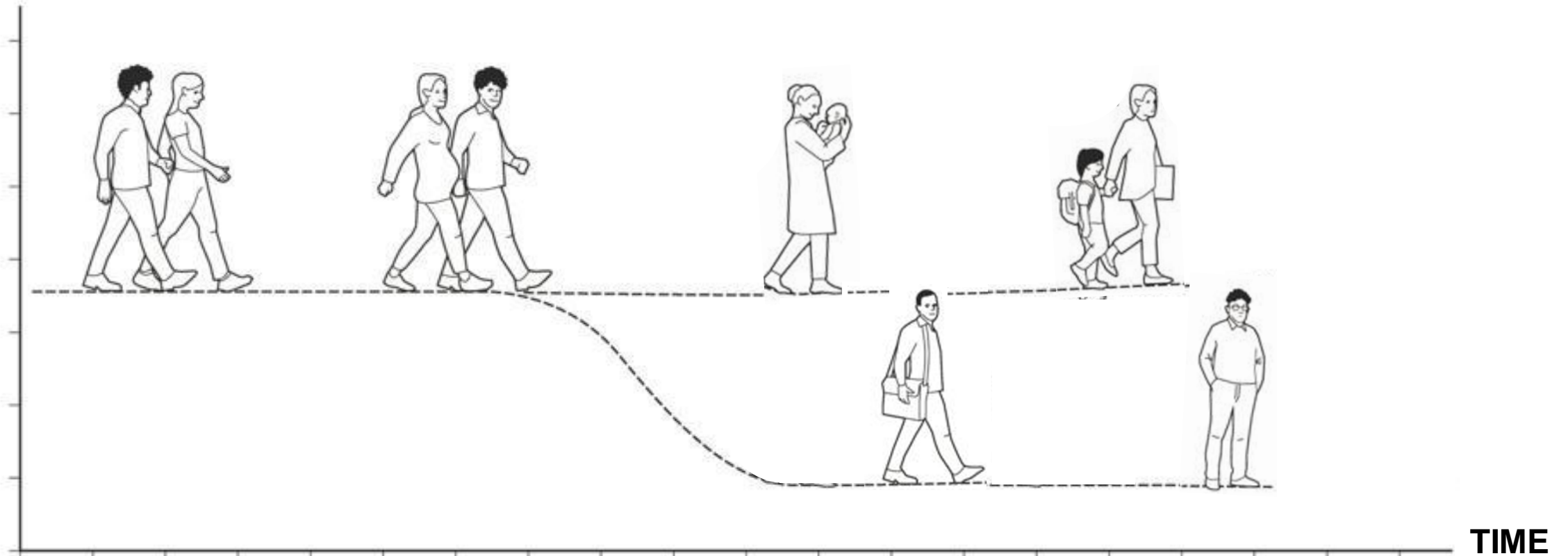


STATE OF AMERICAN MEN 2023

FROM CRISIS AND
CONFUSION TO HOPE



CARE AND CONNECTION



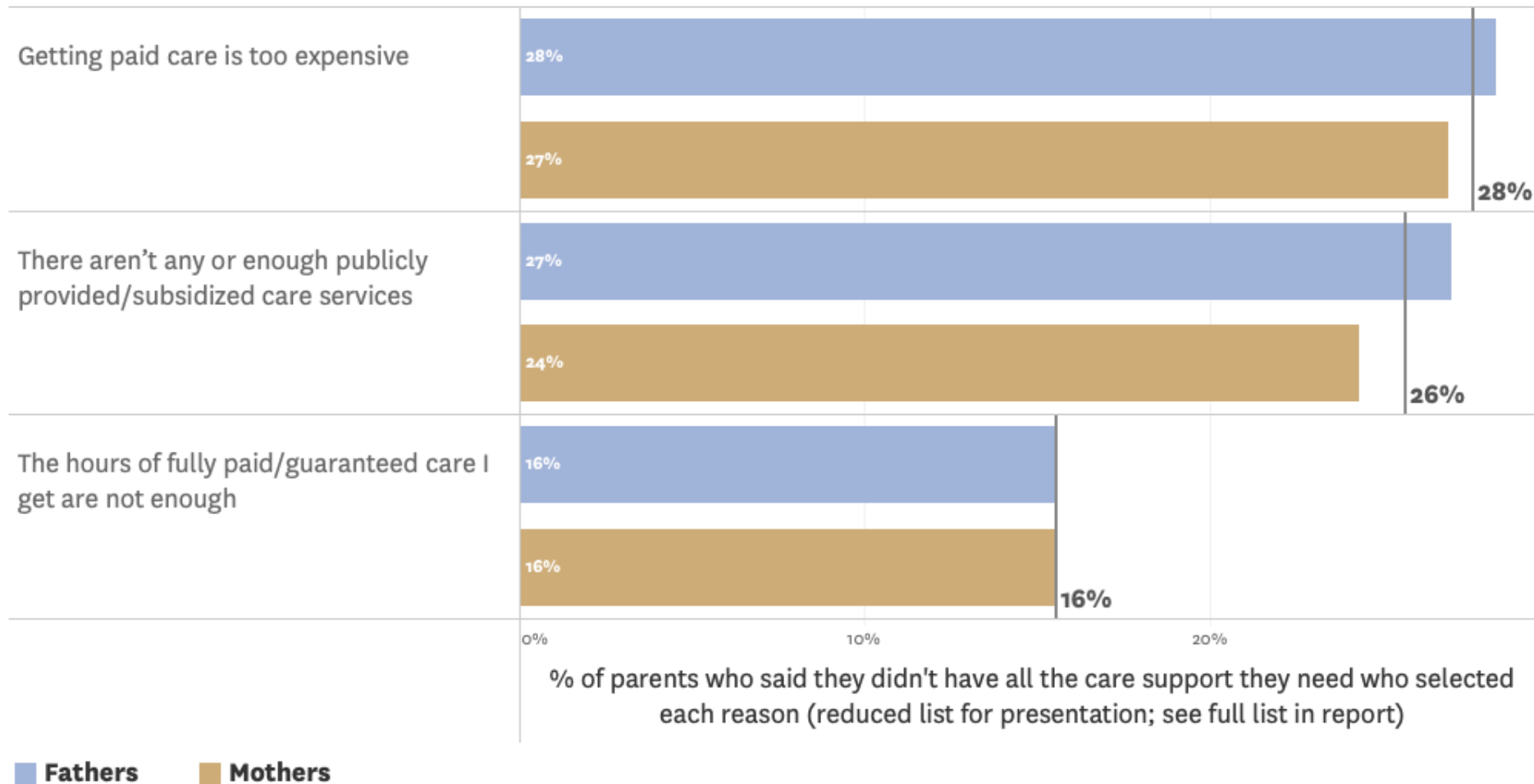
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Numerous barriers - especially in cost and poor public offerings - in the support parents receive for care work.

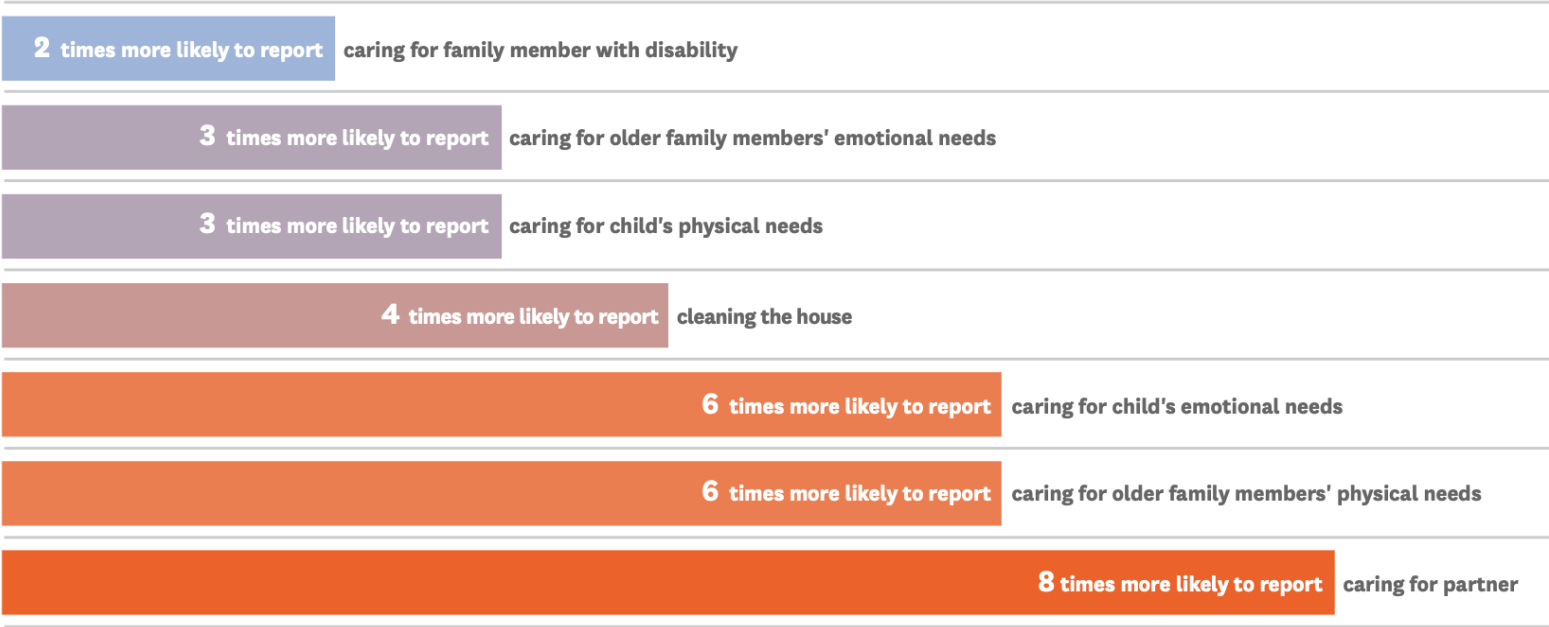
Reasons why some parents say they don't have all the care support they need, by fathers and mothers



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Those who report spending time on emotional self care are:



Care Leads to Care

HOW CARING FOR OURSELVES HELPS US BETTER CARE FOR OTHERS



The MenCare Commitment

We need *male political leaders* to support care policies and advocate for women's equality in political decision-making



Minister of Information and Civic Education of Sierra Leone
Minister Chernor Bah

How to join MenCare...

Go to:

<https://www.mencare.org/get-involved/>



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