



The Man

Understanding and accepting yourself and your new roles in your expanding family



The Parent

Learn techniques of newborn care and strategies for calming your baby



The Partner

Understand the changes with your partner and working together to raise your baby

BOOT CAMP^{for} New Dads

Workshop designed for first-time, expectant dads to gain the tools, support, and confidence needed to be an involved caregiver before baby arrives!

Join experienced Dads and their babies to learn about parenthood and for open and honest conversations about dadhood

- ✓ Saturdays | 9 am to Noon
July 9 | August 27
October 1 | November 19
- ✓ Casa de los Niños
1120 N 5th Ave



Registration is Free,
but space is limited!
<https://uqr.to/PAbcnd>
520.798.3304

