



## 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<sup>for</sup> 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 | 10am to 1pm  
Jan 21 | Mar 11 | Apr 15  
Jun 3 | Jul 15 | Sep 9  
Oct 21 | Dec 2



Parent Aid  
2580 E 22nd St

Registration is Free  
All Dads receive a Free Dad Bag!  
<https://uqr.to/PAbcnd>  
520.798.3304

