



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 | 9am to noon
 @ Parent Aid - 2580 E 22nd
 Feb 15 | Mar 22 | Apr 26
 May 31 | Jul 12 | Aug 16
 Sep 20 | Nov 8 | Dec 13



Registration is Free
 All Dads receive a Free Dad Bag!
<https://uqr.to/PAbcnd>
 520.541.5102 | noah@parentaid.org

