

ANTENATAL / PREGNANCY

NEW

Becoming Dad

Peer support workshop for expectant and new fathers



BECOMING DAD

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Becoming Dad is an inclusive workshop for new and expectant fathers to help them to connect with and understand their babies' needs.

Supported by trained facilitators from the Family Support Service, this workshop offers expectant and new fathers an informal and relaxed space to talk through any thoughts and challenges dad to dad as they transition into parenthood. This is a hands-on session where your baby aged 0 – 1 year can come too!

WHAT YOU CAN EXPECT:

- Meet other dads and learn from their experiences
- Value the important role of becoming a father
- Build confidence around hands-on baby care, bonding & attachment
- Learn about healthy relationships
- Maintain good mental health for yourself and your partner

For more information and to book, scan the QR code or email us.

Hertsmere, Watford, Three Rivers, St Albans and Dacorum
fathers@inspireall.com

Baldock, Great Ashby, Hitchin, Letchworth, Royston, Stevenage and villages
fathers@barnardos.org.uk

Welwyn Garden City, Hatfield, Broxbourne, Hoddesdon, Waltham Cross, Cheshunt, Hertford, Bishop's Stortford, Ware, Buntingford and villages Districts
fathers@oneymca.org



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