#### **Black Infants & Families** A Los Angeles County AAIMM Prevention Initiative.

https://www.blackinfantsandfamilies.org/dads

# DADS, GET READY FOR FATHERHOOD!

Sign up for the Expecting Fathers Group for Black Dads, and set your fatherhood goals with a group of soon-to-be Black fathers. Become empowered to advocate for yourself and your partner. Learn what to expect in each stage of pregnancy, how to activate a village of support for you and your partner, and how your involvement can lead to a more healthy and joyous birth for both your baby and your pregnant partner.

Join a community of support, and get access to the tools you need.

To Learn about upcoming dates and sign up for our Free **Zoom workshops, please email:** dmauldin@ph.lacounty.gov

# Fathers scan to Enroll



### **TOPICS IN THE 5 EDUCATIONAL SESSIONS:**

November 29	Prenatal Support during pregnancy. Create a Birth Plan.
December 6	What to expect during labor and delivery.
December 13	Postpartum support. Postpartum depression.
December 20	Embrace responsibilities associated with infant care.
December 27	Encouragement: Resources / Bring it all together.

#### NOTE: SESSIONS ARE TUESDAYS @ 6:30pm



# **BLACK DADS MATTER.** 'S HELP EACH OTHER IN OUR FATHERHOOD JOURNEY.

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