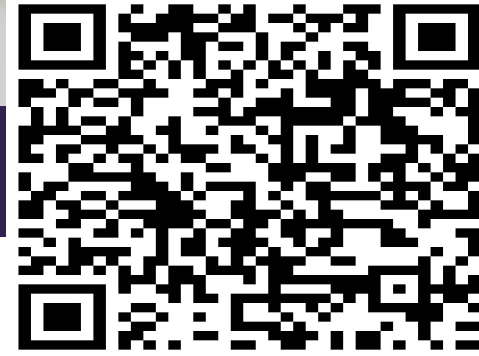


Fathers scan to Enroll



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

TOPICS IN THE 5 EDUCATIONAL SESSIONS:

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

NOTE: SESSIONS ARE TUESDAYS @ 6:30pm



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