



## NEW DADS CONNECT

**Come learn and connect  
with other new dads.**

Please join us for a free 8-week online group open to new fathers who are looking for the best ways to support their growing family. You'll receive professional support and practical ideas on how to connect with your baby, adjust to parenting, manage stress and keep your relationship strong!

**To learn more about the group, please contact:**

[newdadsconnect@jfsla.org](mailto:newdadsconnect@jfsla.org)

or call (213) 332-3421.

**Groups meet  
weekly on  
Zoom**

**FREE!**