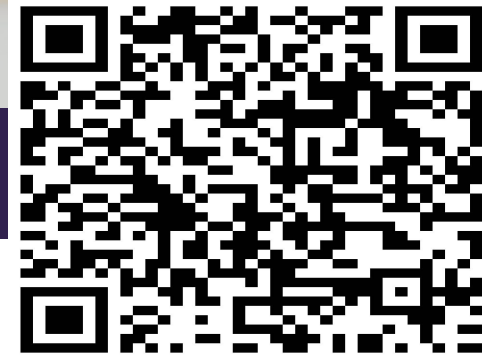




Fathers scan to Enroll



# 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](mailto:dmauldin@ph.lacounty.gov)

## 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.  
LET'S HELP EACH OTHER IN OUR FATHERHOOD JOURNEY.**