

## 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 sign up for our Free Zoom workshops, please email us at:** [dmauldin@ph.lacounty.gov](mailto:dmauldin@ph.lacounty.gov)

### TOPICS WE'LL COVER IN THE 5 EDUCATIONAL SESSIONS:

- NOV 30** Orientation: Support your partners' pregnancy. Create a Birth Plan.
- DEC 7** What to expect during labor and delivery.
- DEC 14** Postpartum: Steps to take once baby is born.
- DEC 21** Embrace responsibilities associated with infant care.
- DEC 28** Encouragement: Resources / Bring it all together.

**NOTE: ALL SESSIONS START AT 6:30pm**



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