

POMONA VALLEY HOSPITAL MEDICAL CENTER

presents

Dadvice

Because babies change everything

A group for new and future dads!

This group is for dads who may be experiencing or living with someone experiencing stress, depression, anxiety or other issues related to pregnancy, birth and the postpartum period. John Feith, our very own Boot Camp for New Dads instructor, will lead this group.



- Problem solving
- What's expected/What's not
- How to support your significant other
- Coping strategies
- Manage relationship changes

FREE

Virtual Classes

2021

Jan 27/ Feb 24/ Mar 24
Apr 28

For more information, or to register call
909.865.9858 or email ferc@pvhmc.org

POMONA VALLEY HOSPITAL

MEDICAL CENTER
WOMEN'S AND CHILDREN'S SERVICES

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