

Preparing to be Dad

**FREE 4 hour Workshop
for dads-to-be**

Run by a male facilitator

Discuss labour and birth

Master changing, holding and bathing baby

Understand the importance of Dad's
support pre and post pregnancy

Talk about Dad's mental wellbeing

Light lunch provided

Places limited, booking required

Register your interest:

www.hsbf.org.uk/self-referral-form/

This course is funded by Bracknell Public Health

**HOME
START**
Bracknell Forest



**Saturday
27th Jan 2024
10am - 2pm
Bracknell**



01344 860025

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www.hsbf.org.uk

Registered Family Support charity: no 1160447