

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

A light meal will be provided

2 Monday evenings each month 6:30-8 pm

2019

January 14	April 22	August 26
January 28	May 13	September 9
February 11	June 10	September 23
February 25	June 24	October 21
March 11	July 8	November 4
March 25	July 22	November 18
April 8	August 12	December 16

Walk-ins welcome. For more information, call **909.865.9858** or email **ferc@pvhmc.org**

POMONA VALLEY HOSPITAL

MEDICAL CENTER
WOMEN'S AND CHILDREN'S SERVICES

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