

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

***Held Virtually***

**The fourth Wednesday of every month at 6:30 PM**

SCAN ME



<https://global.gotomeeting.com/join/437376589>

Scan QR Code to join in!

**For more information, call  
909.865.9858 or email [ferc@pvhmc.org](mailto:ferc@pvhmc.org)**

**POMONA VALLEY HOSPITAL**

MEDICAL CENTER  
WOMEN'S AND CHILDREN'S SERVICES

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