

DADDY BOOT CAMP



**FATHERS
& SONS**
OF NORTHEAST OHIO



"Talking to these guys was far and away the best insights I got through all of the classes that we did."



"Daddy Boot Camp was awesome...the doctors, nurses and momma all thought I was the best ever."



Join veteran dads (and their babies), to learn how they made it through the first months of parenthood and resurfaced as confident, on-the-job fathers. Learn how to handle a baby, find out about issues you didn't know were important and how to blow off issues you thought were. In this men-only environment, no question is stupid and no topic off limits.

Dads and dads-to-be will discuss issues including:

- Changes in new mom
 - Handling a newborn
 - Finding work/home balance
 - Safety Issues
 - Working and being a dad
 - Your relationship with mom
 - Feeding and changing
 - How to calm a crying baby
 - Handling parents and in-laws
 - Breastfeeding
- And anything else on your mind!

**FREE \$25 Gift Card
for completion of 3-Hour Class**

**HELPING MEN BECOME
BETTER FATHERS**

Dates & Time of Boot Camp

Saturdays

January	20th	10 am to 1 pm
February	17th	10 am to 1 pm
March	16th	10 am to 1 pm
April	20th	10 am to 1 pm
May	18th	10 am to 1 pm
June	15th	10 am to 1 pm

Register today!
Registration

Dads First Call 4 Help 330.548.2319
Contact Donald Lykes fsoneo@gmail.com



Location

Reach Opportunity Center 390 West Crosier Street Akron, OH 44311