



Preparing for Fatherhood

A 4-Week Virtual Class



So you're about to become a dad?!

This is a class specifically designed for men about to become fathers. It is a weekly 1.5 hour Zoom class that will help prepare you to cross this amazing threshold in the most upright way possible.

Topics will include:

- The purpose of fatherhood and its impacts
- How to prepare yourself to be the best support person you can be before, during, and after birth
- What to expect at the hospital during and after the birth
- Pro-tips on changing diapers, swaddling, and soothing your new baby
- What changes you are likely to face once your little-one arrives

Each class will have plenty of time for your specific questions about fatherhood. The classes will be highly interactive.

Time

7:30 - 9 pm

Upcoming Sessions

Wednesdays 5/1, 5/8, 5/15, & 5/22

Thursdays 5/23, 5/30, 6/6, & 6/13

Where

Virtual via Zoom
Zoom link will be provided after registration.

Cost

\$150 for the 4-class series

REGISTER NOW! Call 888-996-9644 and have your credit card ready.



MEET YOUR INSTRUCTOR

Chris White, MD is a Pediatrician at MarinHealth Medical Center and adjunct professor at UCSF. He is the co-author of *Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child*. He has been a parent educator for the last 15 years and is raising his two sons in Sebastopol, CA.