



7pm - 8.30pm, Monday, 22nd June

# New Dad Workshop

## Online

Calling all dads-to-be and new dads with babies under 12 weeks old. We're excited to be offering a FREE New Dad Workshop open to all dads in Surrey, designed to support you through the early days of parenthood.

This relaxed and supportive session will cover:

- Bonding and attachment
- Coping with a crying baby
- Where to go for help, advice, and support
- Supporting your partner
- Mum's & dad's mental health and wellbeing

Whether this is your first baby or you're just looking for reassurance, this workshop is a safe space to ask questions, build confidence, and connect with other dads.

Sign up for free here: [NDWJune22.eventbrite.co.uk](https://www.eventbrite.co.uk/NDWJune22)



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