

New Dads workshop

Last Tuesday of every month
6.30—7.30pm.

Join our free, confidential and non judgemental online session to find out more about:

Becoming a new Dad
Looking after yourself.

Relationships and how to support
each other.

Where to find other help and support.

Contact us to find out more
and to book a place.



**HOME
START**
Horizons

**Family
Hub**



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