COMMUNITY HEALTH EDUCATION CENTER

Boot Camp for New Dads

Learn the ropes from men who've successfully made the transition to being fathers.

For expectant dads and dads with babies up to three months old.

Discuss with other dads what it means to become a father and start a family as well as how to care for new moms, balance work and childcare, cooperate with relatives, play with your baby, and keep him or her safe.

Veteran dads will also teach you skills like how to change, swaddle, comfort, and burp your baby.

Spend some time with the guys and take home new confidence.

For more information about the national Boot Camp for New Dads program, visit **www.dadsadventure.com**.

Offered in partnership with

hub inc.
MARION & POLK EARLY LEARNING HUB

2018 Dates

- January 15
- March 19
- May 21
- July 16
- September 17
- November 19

All sessions are held Mondays 6-9 p.m. at the Community Health Education Center (CHEC), 939 Oak St. SE at Salem Hospital, Building D, 1st Floor.

Cost

$10. Scholarships are available.

Sign Up

Go to **salemhealth.org/chec**
or call 503-814-2432 (CHEC).

Salem Health®
Hospitals & Clinics