

# Dads: The Basics



**Dads: The Basics** is a training designed for new **Dads** and is facilitated by **Dads**.

The goal of **Dads: The Basics** is to help men become more comfortable in their new role as fathers, provide a safe environment for men to openly discuss their greatest fears and concerns of fatherhood in a fun environment, increase your confidence, and feel comfortable caring for infants.

The course will teach new **Dads** the necessary skills to keep a baby healthy and happy, how to understand your partner's needs and feelings during this life changing event, and available resources and support for new families.



Call the FAP office to get registered:

Lackland: (210) 292-5967

Ft Sam Houston: (210) 221-1996

Randolph: (210) 652-6308

## 2023 Dads: The Basics classes:

10 JAN: 1300-1600 (FSH)

16 FEB: 1330-1630 (RAFB)

14 MAR: 1300-1600 (LAK)

11 APR: 1300-1600 (FSH)

11 MAY: 1330-1630 (RAFB)

13 JUN: 1300-1600 (LAK)

11 JUL: 1300-1600 (FSH)

10 AUG: 1330-1630 (RAFB)

12 SEP: 1300-1600 (LAK)

10 OCT: 1300-1600 (FSH)

16 NOV: 1330-1630 (RAFB)

12 DEC: 1300-1600 (LAK)

