

# Are You Ready To Be A Dad?



New babies don't come with owners manuals. Breast feeding, diaper changing, and dealing with mom are all new experiences for first time fathers. At Boot Camp for New Dads we train first time fathers to be experienced Dads.

Spend one 3 hour workshop taught by dads who bring their own babies to practice with and you will leave more confident in your ability to be a great dad.

**Sat. 9 am - noon**

**Chippenham Hospital** (Bosher Auditorium) 11/21/09;  
2010 dates: 3/20, 5/22, 8/28, 11/20

**MCV Main Hosp** 8 East, Room 210. 12/12/09;  
2010 dates: 4/10, 10/23

**Henrico Doctors Hospital** Forest (Williamsburg Conf. Rm) 11/7/09; 2010 dates: 1/23, 3/6, 5/1, 6/5, 7/17, 9/18, 11/6

**Johnston Willis Hospital** (Atrium Auditorium)  
2010 dates: 2/6, 4/23, 8/7, 10/2

**VCU Stony Point Women's Health Center**  
2010 dates: 2/20, 6/26, 12/11

**\*Additional dates & locations available\***

**Register at First Things First**

804-288-3431 or

[www.firstthingsrichmond.org](http://www.firstthingsrichmond.org)

