



## What is Boot Camp for New Dads®?

Boot Camp for New Dads® is a unique father-to-father, community-based workshop that inspires and equips men of different economic levels, ages and cultures to become confidently engaged with their infants, support their partners and personally navigate their transformation into dads. Fathers-to-be will get a chance to learn from a "Veteran Dad" and ask questions in a comfortable, low-stress environment.



**Topics include: supporting and understanding your partner, troubleshooting babies, bonding and relationships once your baby arrives.**

Join us for our next class on  
**August 24<sup>th</sup>**  
**9:00 AM -12:00 PM**

NAH Education Center  
1000 N. Humphrey's St. STE 241,  
Flagstaff, AZ 86001

Register for this class by scanning the  
below QR code, or calling:  
**928-773-2491**



**Become the dad you want to be and hear real experiences from other dads in your community.**