

DADS TALK

New Dad? Expecting a Baby?

You don't have to figure it out on your own.

Becoming a dad is exciting, life-changing... and sometimes overwhelming.

Join other local dads in Brent for practical advice, honest conversations and support as you prepare for fatherhood and life with your new baby.



FREE 7-Week Online Programme - Starts Thursday 01 October

 **6:30 pm – 8:00 pm**

Online via Microsoft Teams

***Small, friendly groups exclusively for dads.**

Why Join Dads Talk?

Dads Talk is a free online programme for expectant and new dads in Brent.

Build confidence, get practical advice and connect with other local dads as you prepare for fatherhood and life with your new baby.

No pressure. Just real conversations.

You'll Leave Feeling More Confident About:

- Becoming a dad & finding your own way
- Supporting Your Partner – through pregnancy, birth and beyond
- Understanding your baby – development, bonding and responding to your baby's needs
- Looking after your wellbeing – managing stress and your own wellbeing
- Balancing work and family life – navigating the changes that come with fatherhood
- Finding support in Brent – connecting with local services and other Brent dads

(You don't need any experience — just come as you are.)

Is This Programme For Me?

- You're expecting a baby
- You're a new dad with a young baby
- This is your first child—or you've done it before
- You'd like to feel more prepared and confident
- You'd like to meet other local dads

Ready to Join?

Reserve your FREE place today.

Email: ParentingProgramme@brent.gov.uk

We'll contact dads directly, explain how the group works, and answer any questions

What Other Dads Say

"I didn't know what to expect — it really helped talking to other dads."

"I realised I wasn't the only one feeling nervous."

"I wish I'd joined before the baby arrived."

