

This **six-week** Online group is designed to help you get ready to meet your baby. There will be time to talk about how you feel about becoming a parent, address your fears and get ready to welcome your baby to the world.

Getting together with other Dads-to-be and sharing ideas can be really supportive. There will be about 6 or 8 Dads-to-be and 2 workers in a virtual group. Each session will last for **2 hours** and will include practical information and activities that will get you to think about you and your baby. We will focus your attention on what your baby can already do and what they will need in the future.

Everything discussed in the group is confidential unless we think you need further support.

**For further information and/ or to request a place contact:**

**Robert Glusek**  
Community Engagement Worker  
Sure Start South Armagh

028 30830022  
[robertg@surestartsa.org](mailto:robertg@surestartsa.org)

**Eva Dalzell**  
Midwife  
ArKe Sure Start in Armagh and  
Keady  
SHSCT  
028 3751 8569

[eva.dalzell@southerntrust.hscni.net](mailto:eva.dalzell@southerntrust.hscni.net)

<https://www.mellowparenting.org/our-programmes/mellow-bumps/>



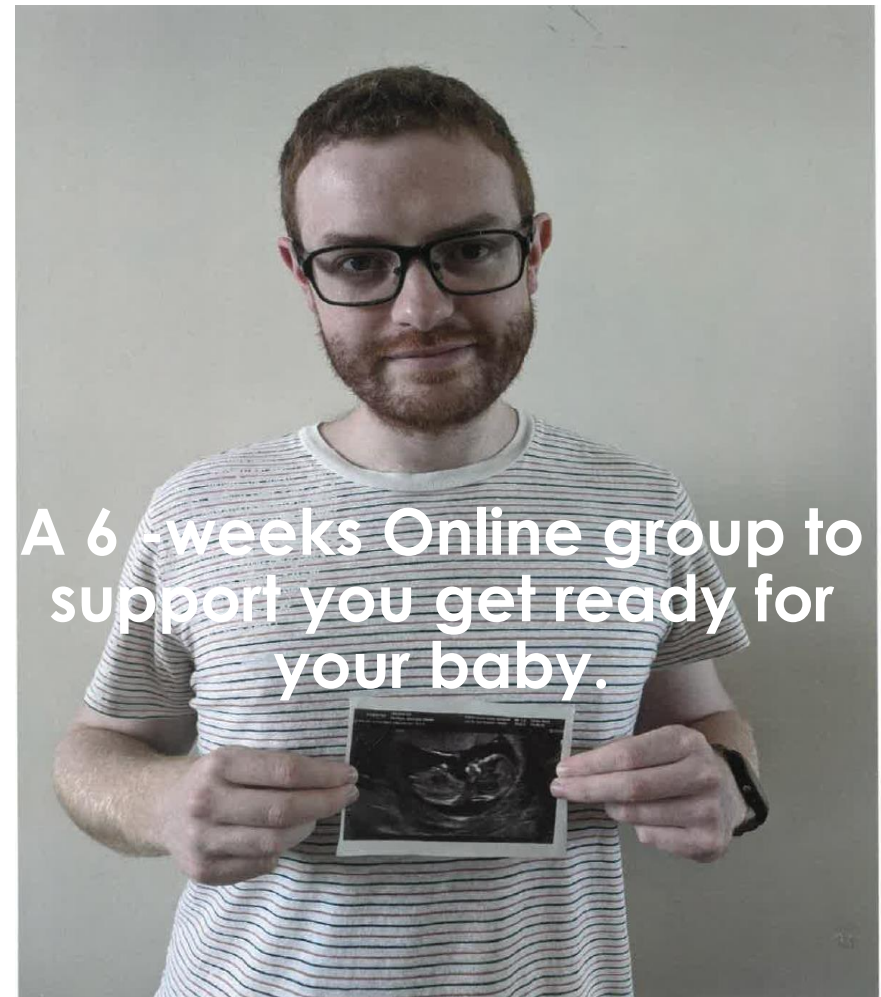
**SureStart**



**HSC** Southern Health  
and Social Care Trust  
*Quality Care - for you, with you*



**FOR DADs to BE**



**Starting Tuesday 1<sup>st</sup> March 2022**  
© Mellow Parenting Ltd. **7-9pm on ZOOM**