

2024

Classes are held at the
Military & Family Readiness Center.
Please call 759-6020 for information
and to register.

2024

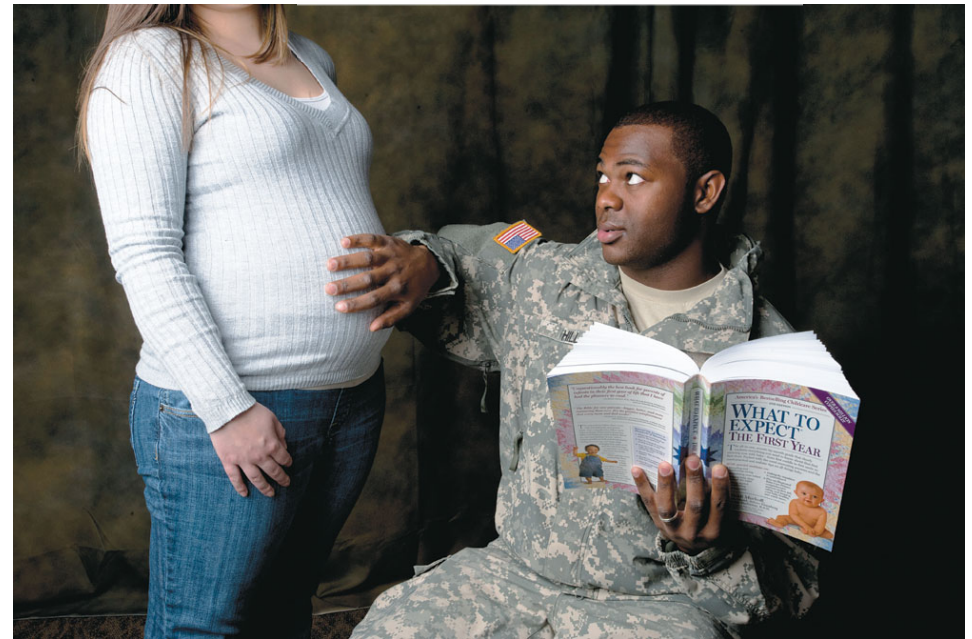
March 15

June 14

September 6

December 13

1:00 pm to 4:30 pm



DADS 101

A class for expectant Dads,
taught by Dads!



Pregnancy
Relationship Changes
Ways to Show You Care
Breast or Formula Feeding
What to Have at Home
Holding Your New Baby
Diaper Bag Contents
What to Take to the Hospital
Bathing Your Baby
Coping with Crying
And More.....



“Dads 101 is for those that want to learn, for those that think they already know, and those who are curious on what to expect while their partner is expecting.”



“It's a conversation held in a group setting. You don't come in and just listen; it is a fully interactive class.”

“Don't think of it as a class. It is the equivalent to going to a party and talking to a buddy who is a dad.”