

Mellow Dads-to-Be

7 Weekly Sessions

Antenatal (from 20-Week Gestation)



The group provides an inclusive, supportive, and a welcoming space during pregnancy for dads-to-be to support one another in this exciting but uncertain time.

The 7 sessions will include activities tailored to you and your baby. Each session will be relaxed and will begin with a friendly welcome. We will help you focus on what your baby can do now and what they may need in the future. You'll also have the opportunity relax, laugh, and explore your own relationships and think about who can help you when your baby arrives. You'll share experiences and build friendships with other dads-to-be who may be experiencing similar feelings and concerns.

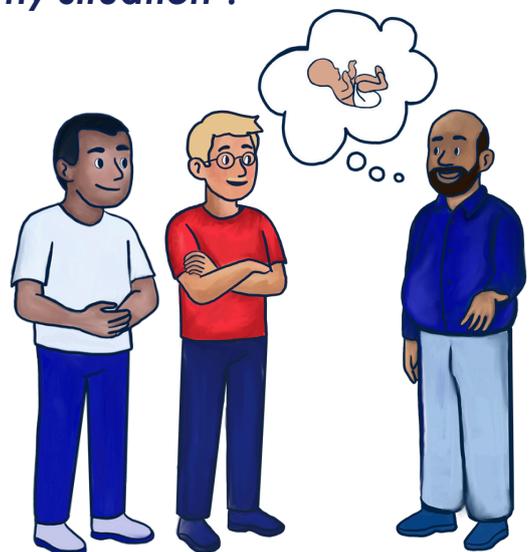
Everything discussed or shared during the sessions will be kept completely confidential. If any concerns arise for any group members, we are here to offer further support and guidance.

“Interesting and full of information that some of it I did know and some I didn't but to put it into a learning thing made it more reassuring. I also enjoyed learning from other dads in my situation”.

Dad, N.Ireland, 2024

“The group has helped me realise things are not going to get fixed over night. However, I have been able to build positive relationships with the facilitators and this has helped me to begin to trust other professionals and make the first steps to contacting my GP for further support.”

Dad, Scotland, 2024



www.mellowparenting.org

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