

# Introducing the Dads Group

Since becoming a dad are you struggling with thoughts such as...

"It's not about me"

"I should know what to do"

"I need to be the rock"

"This is not what I expected"



"I shouldn't be feeling like this"

Don't worry. Becoming a new dad can be difficult, it is estimated that just as many dads experience stress, anxiety and depression after the birth of a child as mums do.

The 'New Dad Group' facilitated by TalkPlus is an online 6 week peer support group looking at the pressures of fatherhood with the opportunity to learn tools and techniques to help manage in a supportive environment.

We also look at the role of fathers, changes in relationships and baby development. Self-refer via our website today to secure your place!