

Are you going to be a dad soon?  
Do you have a new baby?

Do you have questions about being a new dad?  
Come join us at...

# Ultimate Dad

A free, bilingual discussion group where you can find out about babies,  
new moms and what it's like to be a new father.

There are 3 sessions on Tuesday evenings from 6:30 to 8:00 p.m.

**When:** March 19, 26 and April 2, 2013

**Where:** Vanier Community Service Centre, 270 Marier Avenue, Ottawa

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## Facilitators:

**Dave Elder RN, Public Health Nurse and dad**

**Jonathan Major-Chatelain, Family Resource Worker and dad**

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For more information and to register, please call 613-744-2892, extension 1432

Ultimate Dad participation certificates will be given at the end of the third session

