



## ▶▶ LACDMH Service Area 1, DHS, and MAMA's Neighborhood Present: **Fathers and Families**

**1<sup>st</sup> and 3<sup>rd</sup> Wednesday, 9:30 – 11:00 AM**  
**2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 6:00 – 7:30 PM**

Empower your journey into fatherhood with our free workshop series! Connect with fellow dads and gain the tools to create a healthy birth experience for your partner and baby. Explore essential topics like raising children, enhancing communication, co-parenting, achieving work-life balance, and prioritizing men's health. Join us and equip yourself to be the best father you can be.



[Click here](#) or scan QR code to register. For more information, please contact Reginald Van Appelen, Fatherhood Coordinator, at [rvanappelenjr@dhs.lacounty.gov](mailto:rvanappelenjr@dhs.lacounty.gov) or 562-659-5392.



LOS ANGELES COUNTY  
**DEPARTMENT OF MENTAL HEALTH**  
hope. recovery. wellbeing.