Fathers are Fundamental!
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We understand the difficulties associated with being a father today. Trying to maintain a healthy and productive work-life balance can be extremely challenging. We want you to know we are here to help!

There are times when fathers need more effective shared parenting strategies, access to better community resources, help finding better employment or to be more involved in the conversation around their baby’s health.

Fatherhood Fundamentals focuses on your specific needs and concerns so you can focus on just being a dad during pregnancy and after the birth of your baby.

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