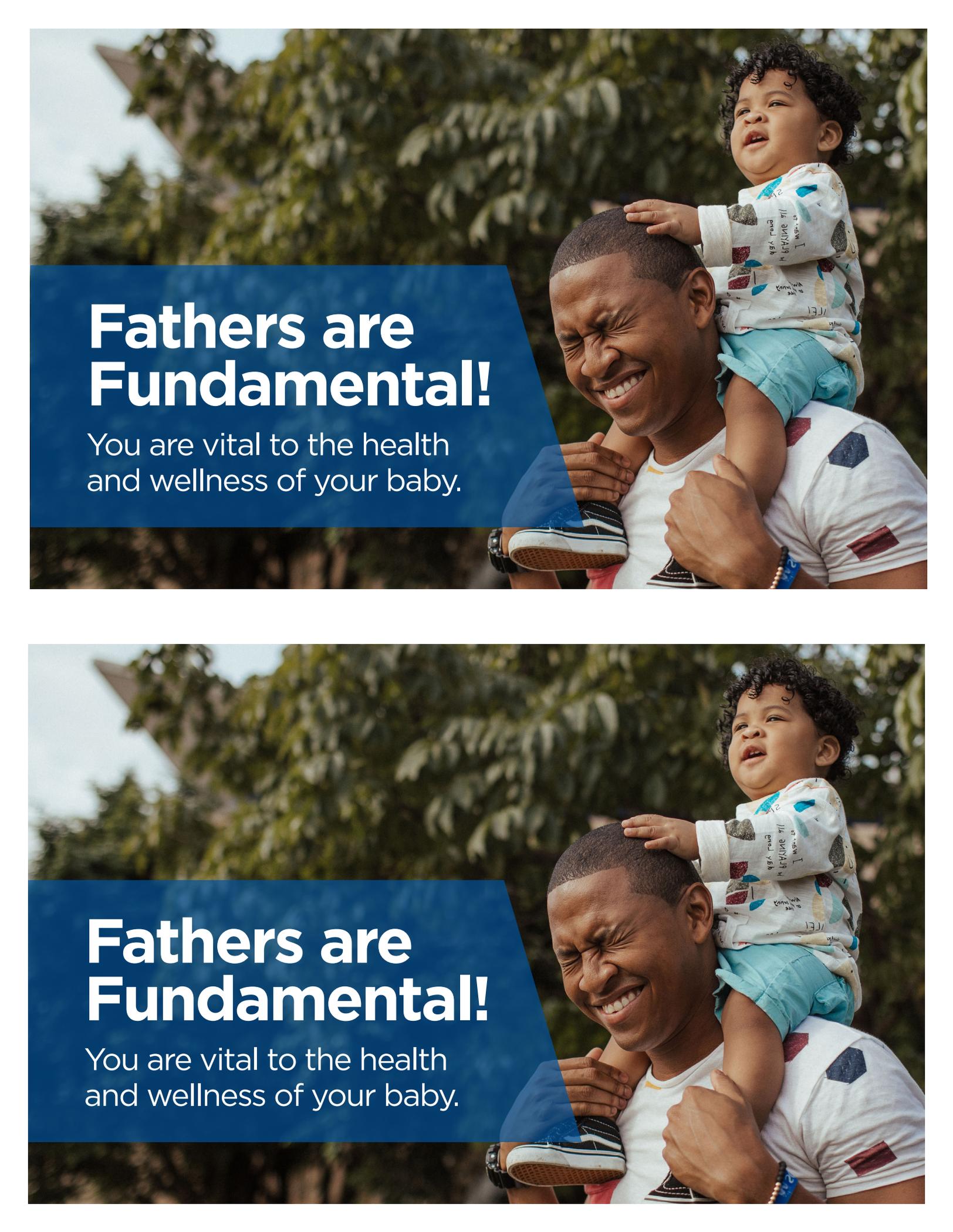
A photograph of a man with a joyful expression carrying a young child on his shoulders. The man is wearing a white t-shirt with colorful geometric patterns and a watch on his left wrist. The child is wearing a white long-sleeved shirt with colorful patterns and light blue shorts. They are outdoors with green foliage in the background. A blue semi-transparent banner is overlaid on the left side of the image, containing text.

Fathers are Fundamental!

You are vital to the health and wellness of your baby.

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There is help out there.

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.

Fatherhood Fundamentals is a project of Columbus Public Health's Healthy Start Program - My Baby & Me.

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,070,000 with 0 percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

Let us know what services you need.

- I want to know more about my rights as a father.
- I need a health screening.
- I want help finding a job or exploring career options.
- I want help with budgeting (for myself/for my family).
- I want to improve my parenting skills.
- I want help with child support answers.
- I need to find housing (for myself/for my family).
- I would like to speak with a counselor.
- I want help co-parenting with the mother of my child.
- I need help with legal issues (current or pending charge/immigration status/other).
- I want help with a concern that is not listed.

We are here to help - call today!
614-645-8348

Fatherhood Fundamentals

Ra'Shawd E. Davis, MSEd, LPC, CDCA

Program Manager

614-645-8348 / redavis@columbus.gov



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