



# Adapt 4 Men

Keeping a healthy relationship  
between mum and dad when baby arrives.



*A one hour session covering:*

- How to love in the language of your partner
- Good habits to foster. Bad habits to avoid.
- The importance of Dad.

You are invited to join us for "Adapt" at;  
Hilton Church, in the Old Manse (beside the Church)

*Monday 18 February @ 8pm*



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