



FIRST YEAR FATHERS GROUP

A judgement-free space to talk openly and connect with other dads



If you're a new dad with a child under 1 year old experiencing:

- Numbness, anger, irritability, overwhelm, low mood
- Identity Confusion ("Who am I now?")
- Relationship strain
- Bonding anxiety - not feeling instantly connected to baby
- Helplessness - feeling powerless in helping partner/baby
- Loneliness/isolation
- Provider pressure/perfectionism
- Desire for community/connection with others who "get it"

Then this group is for you

The Details:

Location: 3975 E Highway 290
Dripping Springs, TX
78620

Cost: \$50/person/session

Day & Time: 6-week series every
Saturday, 9AM-10:30AM (start date TBD -
forming now)

Group Size: 5-7 dads

Led by: Bailey Garate, LPC-Associate,
Supervised by Elizabeth Weber, LPC-S,
LMFT

How to enroll: Contact me via our
website (or scan QR code below) for a free
consult to see if this group is a fit.



Questions? Email me at: bgarate@lightandlifecounselingtx.com