

Dad 2 Dads

Supporting Fathers, Strengthening Families



Dad 2 Dads provides a safe and supportive space for fathers and father figures, focused on navigating the complexities of maternal health. We assist you in understanding and embracing your essential role in the family unit.

Partnering with Fathers

Tailored Support

We provide fathers with guidance and resources to strengthen their involvement in the family.

Strengthening Bonds

Our team helps promote positive father-child relationships.

Birthing Support

We provide you with knowledge and skills to participate in birth preparation and provide advocacy during labor and delivery.

Mental Wellness and Resilience

We help you develop skills to manage mental health needs and build coping strategies.

Join a Virtual Peer Group!

Dads Under Construction

Peer group for new and expecting fathers
1st & 3rd Tuesdays | 6:00pm - 7:30pm

Dad 2 Dads

Peer group for fathers and father figures
2nd & 4th Mondays | 6:00pm - 7:30pm

Coach's Corner

1-on-1 parent coaching and community
resource connections

Contact us to schedule a meeting!

Sponsored by



Foundation

Get Connected!

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The Up Center is a 501(c)(3) nonprofit organization.