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| **ROSWELL PARENTING CLASSES – FALL 2019**  **Mondays 5:00 pm or Tuesdays 11am**  **Register at** [**www.pregnancyaidclinic.com**](http://www.pregnancyaidclinic.com) | | | | |
| **WEEK** | **DATES** | **PARENTING CLASS 1**  **North- Monday** | **DATES** | **PARENTING CLASS 2**  **North-Tuesday** |
| 1 | Sept 9th | Changes and Body Image | Sept 10th | Understanding Feelings |
| 2 | Sept 16th | Health and Nutrition | Sept 17th | Communicating with Respect |
| 3 | Sept 23rd | Fetal Development | Sept 24th | Building Self-worth in Children |
| 4 | Sept 30th | Empathy and Nurturing Self | Oct 1st | Praising Children and their Behavior |
| 5 | Oct 7th | Partners in Pregnancy | Oct 8th | Ages & Stages of Growth for Infants & Toddlers |
| 6 | Oct 14th | The Importance of Positive Touch | Oct 15th | Alternatives to Spanking |
| 7 | Oct 21st | Understanding and Handling Stress | Oct 22nd | Learning Positive Ways to Deal with Stress & Anger |
| 8 | Oct 28th | Understanding & Developing Family Morals, Values, & Rules | Oct 29th | Understanding & Developing Family Morals, Values, & Rules |
| 9 | Nov 4th | Nurturing Diapering and Dressing routine, Feeding | Nov 5th | Ways to Enhance Positive Brain Development in Children and Teens |
| 10 | Nov 11th | Breastfeeding | Nov 18th | Self-Worth |
| 11 | Nov 18th | Class Summation | Nov 19th | Class Summation |
| **MINI COURSE SCHEDULE TO BE ANNOUNCED. SPRING CLASSES WILL BEGIN IN JAN 2020** | | | | |

**PLEASE NOTE**: Classes listed above will be offered but may not be offered on the day listed based on availability of speakers.

Thank you for your understanding.

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| **FOREST PARK PARENTING CLASSES – FALL 2019**  **Wednesdays 11am Thursdays 5pm**  **Register at** [**www.pregnancyaidclinic.com**](http://www.pregnancyaidclinic.com) | | | | | |
| **WEEK** | **DATES** | **PARENTING CLASS 1**  **South-Wednesday & Thursday** | **PARENTING CLASS 2**  **South-Wednesday & Thursday** | **MEN’S CLASS**  **South-Thursday** |
| 1 | Sep 11th/12th | Changes and Body Image | Understanding Feelings | The Roots of Fathering  Self-Nurturing Skills I |
| 2 | Sep 18th/19th | Health and Nutrition | Communicating with Respect | Self-Nurturing Skills II |
| 3 | Sep 25th/26th | Fetal Development | Building Self-worth in Children | The World of Feelings |
| 4 | Oct 2nd/3rd | Empathy and Nurturing Self | Praising Children and their Behavior | The Power to Nurture |
| 5 | Oct 9th/10th | Partners in Pregnancy | Ages & Stages of Growth for Infants & Toddlers | Overcoming Barriers |
| 6 | Oct 16th/17th | The Importance of Positive Touch | Alternatives to spanking | Discipline |
| 7 | Oct 23rd/24th | Understanding and Handling Stress | Learning Positive Ways to Deal with Stress & Anger | The Importance of Positive Touch |
| 8 | Oct 30th/31st | Understanding & Developing Family Morals, Values, & Rules | Understanding & Developing Family Morals, Values, & Rules | Nurturing Relationships I |
| 9 | Nov 6th/7th | Nurturing Diapering and Dressing routine, Feeding | Ways to Enhance Positive Brain Development in Children and Teens | Nurturing Relationships II |
| 10 | Nov 13th/14th | Hopes and Fears | Self-Worth | A Time and Place for Fathering |
| 11 | Nov 20th/21st | Class Summation | Class Summation | Healing |
| **MINI COURSE SCHEDULE TO BE ANNOUNCED. SPRING CLASSES WILL BEGIN IN JAN 2020** | | | | | |

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Thank you for your understanding.